

# Retiree Times

2nd Quarter 2021



## PRESIDENT'S MESSAGE

Great news, our luncheon at the Scottish Rite Event Center on 12/7 is a go! Not all of the requirements have been ironed out as yet, but we do know that we can have our event! The menu and the cost still being worked on, and they have told us there will likely be an increase in the price. I'm sure you have noticed that the price of food has gone up! As soon as all the details are settled, we'll post them in our Facebook page and communicate it via email and future issues of the *Retiree Times*. In the meantime, put 12/7 on your calendar!

The Board and I are so looking forward to seeing you all again!

Your President,



Samm McDonald

A few photos from our 2019 luncheon for inspiration!



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

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## FEELING RE-ENTRY ANXIETY? EXPERT ADVICE ON NAVIGATING COVID-19 REOPENINGS

By Brandon R. Reynolds

May 21, 2021

(Excerpted from University of California San Francisco, Patient Care)

As COVID-19 vaccinations continue, and cities and states move toward full re-opening, many people are feeling re-entry anxiety – an uneasiness about returning to the old normal of schools and offices, hugs and handshakes, and social gatherings large and small.

The American Psychological Association reports that Americans are experiencing the highest levels of stress since April 2020, and that half of surveyed adults are uneasy about returning to in-person interactions. It's as if each of us, having spent the last year adrift in space, alone or in our small pods, now has to navigate a re-entry into co-existence.

“Re-entering the busy world will be a new type of stress, because we're not used to it anymore,” said Elissa Epel, PhD, professor and vice chair in the Department of Psychiatry. “It simply has a lot of challenges embedded into it: being in traffic, getting to work on time, parking, managing family schedules, and having social interactions all day. Those are the small things that can add up to leave you feeling overstimulated or exhausted, making it an unpleasant transition.”

There's no right or wrong way to handle re-entry, but mental health experts offer some advice: communicate your needs, go at your own pace, and think of the changes as a way to build resilience.

### A Range of Potential Anxiety

Just as we all had different pandemic experiences, our re-entry experiences will be diverse.

“There's going to be a range of potential anxiety,” said Stacy Torres, PhD, assistant professor of Social Behavioral Sciences at the UCSF School of Nursing, “and we really can't assume things in terms of people's lived experiences, or of how they've been safeguarding themselves – or not – in the past year.”

This will show up in the most basic, everyday interactions. Epel tells a story which may soon be common: “I was talking to someone, but she was too close to me for my comfort. As I stepped backwards, she stepped forward. With each step my anxiety was rising!” Epel said that though it may not be fully rational, given the new data about vaccination safety, but some of us need time to adjust to close encounters.

The solution? Communicate, early and often, Epel said. “What I learned from that is, I shouldn't be embarrassed to share my needs or my discomfort, and just simply say, ‘I'm used to talking at more of a distance, if you don't mind.’ There's nothing stigmatized about that.”

“People should feel permission to not conform to what others may be doing,” said Epel, “and to transition in the way that works for them. We're re-entering a different world, with new rules, and we are coming from different pandemic experiences. Decide what boundaries you want to have, what activities you are comfortable with, and communicate that to others.”

### Starting Small

The experts agree that reentry can be gradual: Evaluate and adjust your comfort levels one encounter, one grocery-store trip at a time.

“Start small,” said Metz. “Maybe you go to a cafe with a friend who's also vaccinated, or you have that friend over to your house for 10 minutes, 20 minutes, 30 minutes and see how you feel. Maybe you start the interaction with the window open and the fan on maybe after 10 minutes, you turn the fan off or close the window.”

Re-entry may be an opportunity to cultivate resilience – the ability to rebound after challenges. Torres said the older adults she works with, in their 60s to 90s, have taught her a lot about resilience.

“Even though older people face particular risks with this virus, they're so resilient,” she said. “They drew on a lifetime of different hardships, different losses, different traumas, maybe they lost a spouse or a partner.” They reminded Torres that even when the routines we carefully build and cultivate – before, during and after this pandemic – are broken, we can find the resilience to build new ones.

## Save the Date! Holiday Luncheon Update

The holiday luncheon will be held on December 7<sup>th</sup> at the Scottish Rite Temple.

More details to come!



## COOL ZONES NOW OPEN

San Diego County Cool Zones are open to provide much-needed relief from high temperatures. Cool Zone sites, mostly located in the hottest areas of the county, help older adults and others keep cool and save energy costs.

The sites encourage people to share air conditioning during the heat of the day, lowering individual usage and helping to conserve energy for the whole community. Residents can use officially sanctioned Cool Zones to escape the heat and rest up before going back outside.

For additional information please visit the County's webpage, [here](#).

Cool Zone Locations:

### **Alpine Branch Library**

1752 Alpine Blvd  
Alpine, CA 91901  
619.445.4221  
Monday-Friday | 10am - 4pm

### **Borrego Springs Branch Library**

2580 Country Club Road  
Borrego Springs, CA 92004  
760.767.5761  
Monday-Friday | 10am - 4pm

### **Fallbrook Community Center**

341 Heald Lane  
Fallbrook, CA 92028  
760.728.1671  
Monday-Friday | 9am - 6:30pm

### **Lakeside Community Center**

9841 Vine St  
Lakeside, CA 92040  
619.443.9176  
Monday-Friday | 12pm - 5pm

### **Potrero Branch Library**

24883 Potrero Valley Rd  
Potrero, CA 91963  
619.478.5978  
Monday-Friday | 10am - 4pm

### **Ramona Branch Library**

1275 Main Street  
Ramona, CA 92065  
760.788.5270  
Monday-Friday | 10am - 4pm

### **Santa Ysabel Nature Center**

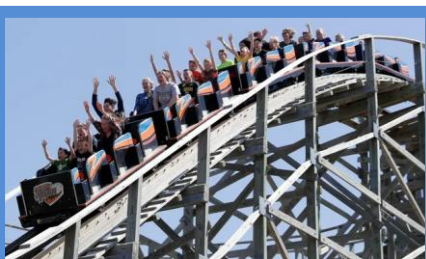
22135 CA-79  
Santa Ysabel, CA 92070  
760.765.4098  
Monday-Thursday | 10am - 6pm  
Friday-Sunday | 11am - 5pm

### **Spring Valley Community Center**

8735 Jamacha Blvd  
Spring Valley, CA 91977  
619.479.1832  
Monday-Thursday | 11am - 8pm  
Friday | 9am - 7pm

### **Valley Center Branch Library**

29200 Cole Grade Rd  
Valley Center, CA 92082  
760.749.1305  
Monday-Friday | 10am - 4pm  
\*List as of June 15, 2021



*It was quite a ride... but we're over the hump!*

**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>**

## 10 BEST PLACES TO TRAVEL RIGHT NOW: BACK TO TRAVEL

Many countries have opened their doors to tourists in recent weeks. Therefore, it's good to know the travel requirements of your favorite destinations and find out where you can travel right now. Here are 10 destinations you can travel to now, plus information on their entry requirements for US travelers. As always, local restrictions apply so be sure to research the safety restrictions in place in your destination country before you travel.

*Information dated 9th June 2021. Applicable to US travelers.*

### Peru

Peru has opened its doors to international travelers once more. If you long to explore the captivating Inca ruins of Machu Picchu and discover the Sacred Valley then all you need is a negative Covid test (PCR or Antigen) result taken within the last 72 hours, plus an additional negative antigen test taken on arrival. You might be required to quarantine for 14 days, if you don't provide a negative test certificate, so don't forget it! More information available on the [U.S. Embassy website](#).

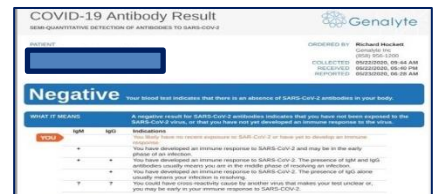
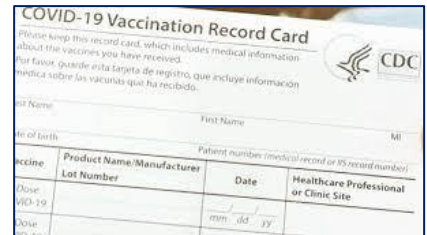
### Ecuador

Home of the Galapagos Islands, the Amazon rainforest and the Andes. A dream travel destination, Ecuador is open to international travelers. The travel requirements are to present a negative PCR or antigen test certificate (issued 72 hours before arrival). Testing is also available on arrival if you are not able to get a test beforehand. Ecuador is one of the best places to travel right now as fully vaccinated travelers do not need to test. Proof that your final dose was administered 14 days or more before arrival is required. More details here: [US Embassy](#).

### Egypt

Always dreamed of visiting the Great Pyramids or cruising down the eternal River Nile? Now you can, as Egypt is open to tourists! A negative 92-hour PCR test is required if you are coming from North America. Therefore, remember to take your up to date test certificate with you. Furthermore, health insurance is required. Check with the [US Embassy](#) for more details.

*Continued on next page*





# Retiree Times

## 10 BEST PLACES TO TRAVEL RIGHT NOW: BACK TO TRAVEL, continued

### South Africa

An amazing safari destination, South Africa is a diverse country, filled with spectacular landscapes and cosmopolitan cities. US travelers require a negative covid test taken within 72 hours of arrival. Once you're there you'll need to adhere to strict social distancing measures. For further details consult the [US Embassy website](#).



### Greece

There's nothing quite like a getaway to a Greek island. Sun, sea, sand and ancient ruins set the backdrop for an unforgettable vacation. Greece is one of the best places to travel right now as fully vaccinated travelers are not required to show a negative Covid test result. Just make sure you travel at least 14 days after your second vaccine dose. On the other hand, you'll require a negative Covid test result (72 hours) if you have not been vaccinated. All travelers must complete a Passenger Locator Form before arrival. More info here: [US Embassy](#).



### Costa Rica

One of the worlds best eco and wildlife tourism destinations, Costa Rica is also one of the best places to travel right now. US citizens can travel to Costa Rica without presenting a negative Covid test result, but they must have adequate medical insurance. Furthermore, you must fill in an online health pass before arrival. One of the easiest countries to travel to right now, it's time to enjoy the Caribbean Beaches and 'Pura Vida' atmosphere of this Central American paradise! Visit the [Costa Rica travel website](#) for more information. The mandatory Health Pass form can be found here: [Costa Rica Health Pass](#)



### Mexico

Mexico is open to US travelers who fly into the country. One of the best places to travel right now, Mexico requires no Covid testing or quarantine for US arrivals. However, travelers may be subject to routine health screening. Great news for lovers of the idyllic Riviera Maya and those interested in Mexico's ancient Mayan archaeological sites! The [US Embassy](#) offers detailed travel advice.



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# Retiree Times

## 10 BEST PLACES TO TRAVEL RIGHT NOW: BACK TO TRAVEL, continued

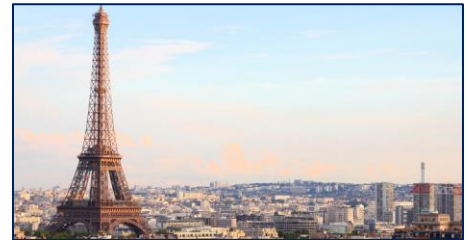
### Spain

Spain is one of the best places to travel right now! Fully-vaccinated travelers do not need to produce a negative Covid test result. Don't worry if you haven't been vaccinated, as you also have the option of providing a negative Covid test. Proof that you have recently recovered from Covid-19 is also acceptable. Comprehensive details about travel restrictions and requirements can be found on the official [Spain Travel Portal](#).



### France

France is a favorite travel destination. Whether you're dreaming of the stylish streets of Paris or the glamorous French Riviera, a trip to France is always a good idea. To enter France, travelers from the US must be fully vaccinated and provide a negative Covid-19 test (PCR or antigen). Full details can be found at the [US Embassy website](#).



### Maldives

An earthly paradise, the Maldives has major vacation appeal. Crystal blue waters and white sand beaches are the perfect antidotes to the stresses of our everyday lives. The good news is that the resorts of the Maldives are open for travel. A negative Covid test result is required to enter the country, whether you are vaccinated or not. Once there, you can while away your days relaxing on palm-fringed beaches and watching the sunset over the Indian Ocean. Total bliss! More information about traveling to the Maldives is available on the [US Embassy website](#).



Many travel sites have deals on trips right now. If you are ready to get going, there are places awaiting your arrival!

(This information was obtained from Exoticca travel. This is not an endorsement for them, merely helpful information that was found on their blog.)

*“Give me a ticket for an aeroplane” ...* 

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

### Retirees

John Barbour	Jul 2021
Joni Beals	Apr 2021
Donald Berens	May 2021
Darren Blanchard	Apr 2021
Sheldon Gladly	Jun 2021
Norma Jasso	Jul 2021
Freddie T Sanchez	Jul 2021
Randy Schimka	Jul 2021
Robin Seippel	Jul 2021
Thomas Vargas Jr	Aug 2021

### Deceased

Thomas Atienza	Feb 2021
William J Bibbes	Mar 2021
Maurice L “Bud” Booth	Apr 2021
Donald “Hoss” Capel	May 2021
Luis B Quinones	Mar 2021
Gordon Milton Robotta	Nov 2020
Ruth Sperring	Apr 2021
Manny Vitug	Apr 2021

**DID you add a new addition to your family (pets, grandbabies, etc.) or have other good news while in quarantine? Send a picture to include in the next issue!**  
[nancy.woods4202@att.net](mailto:nancy.woods4202@att.net)

## SDG&E CUSTOMERS TO RECEIVE BILL CREDIT IN APRIL, AUGUST & SEPTEMBER

### *California Climate Credit Helps Offset Bills by a Total of \$87*

SAN DIEGO, March 24, 2021 – San Diego Gas & Electric’s (SDG&E) residential customers will receive a break on their utility bills in the coming months, thanks to the California Climate Credit program, which is part of the state’s efforts to fight climate change. In April, natural gas customers will see their bill reduced by \$17.86. This summer, SDG&E electricity customers will also see their bills offset by \$34.60 in climate credits in both August and September (or a total of \$69.20), when energy use typically goes up due to hot weather.

The California Climate Credit is a state program that requires power plants, natural gas providers, and other large industries that emit greenhouse gases to buy carbon pollution permits. The credit on customers’ bills is their share of the payments from the state’s program and provides customers an increased opportunity to invest in energy-saving products.

There is no action required to receive the credit. All residential natural gas customers will automatically receive this credit from SDG&E on their April bill. All electricity customers, including community choice aggregation customers, will automatically receive the credit on their August and September billing cycles.

### **Additional Measures Adopted to Ease Summer Bills**

In March, SDG&E successfully petitioned the California Public Utilities Commission (CPUC) to eliminate the state-mandated High Usage Charge, which applies to those on standard tiered pricing plans.

Over the past year, SDG&E also won CPUC approval to lower summer pricing by moderating the seasonal pricing differential for customers on both Time-of-Use pricing plans and standard tiered pricing plans.