



RPEA NEWSLETTER

Chapter # 106, San Benito County Area III Volume 9 Issue 6
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Happy Holidays!

Greetings Fellow RPEA Members. Hope all is well with you and your family and you have enjoyed the last few months. Due to an extra busy schedule in September and October, we skipped the newsletter. And, due to rain, we did not participate at the Farmers Market in September. I am not sure if we should consider this event next year, although I do believe it gave us some exposure. I would like to thank Denise Thome and Kim Hawk for helping with the Farmers Market. I will bring it up in the next year to see if there is any interest in participating.

As you are aware, the PERS Board election did not go as RPEA would have liked, but we will deal with what we have. Thank you, for all of you that voted for RPEA candidates Dominick Bei and Jose Luis Pacheo. RPEA at Headquarters is going forward with hiring a forensic pension investigator to provide clarity on PERS's investments. This is very important for all of us and our futures. CalPERS has 2.3 million members, if everyone donated a small amount we would have plenty of money to support this. You can go to rpea.com for more information.

By now you are aware that our medical insurance premiums for 2026 are increasing for most retirees. I hope you were able to make any changes if needed. Also, the pharmacy is changing to CVS if you are in Medicare, you will be enrolled in Silver Script Employer PDP. You should receive information in the mail regarding the change sometime in November.

With the upcoming holiday season, remember to take time for yourself. This is the time of year to be thankful for the good things in life. Wishing you all Happy Holidays and hope the New Year is good to you.

The December 4th 2025 Holiday meeting will be held at Paine's Restaurant at 421 East Street, in Hollister at 11:30am. Lunch will be FREE for members attending and will be covered with Chapter funds. The invitation, the choices on the menu, agenda and minutes will be sent out separately.

Clay Kemp, Executive Director of the Senior Council will be our speaker. In keeping with our Holiday tradition, we will be discussing a donation for a local charity. Those members who would like to contribute are encouraged to do so. Raffles will follow our meeting.

Hope you will join us for our Holiday Membership Luncheon on December 4th, 2025. Make sure to RSVP as stated on the invitation you receive for the luncheon.

Best Regards,

Kathy Postigo
RPEA President Chapter 106





7 Foods That Fight Inflammation

By Nissa Simon AARP Updated September 29, 2025

These delicious foods may protect your brain!

Many chronic diseases, including heart disease, cancer and obesity have been linked to inflammation, the body's natural reaction to injury and infection. When inflammation gets out of hand, it can affect the brain, according to Caroline Apovian, codirector of Brigham and Women's Hospital Center for Weight Management and Wellness. "Once there, these substances damage the brain's nerve cells, affecting memory and thinking skills." Here's what you can do to help quell [inflammation](#): Forget about chips, dips, fries and fruits canned with sugar, and focus on the benefits of the seven foods listed in this article.

1. Pineapples

Underneath their spiny exterior, pineapples boast a brain-healthy wallop. Bromelain, an enzyme found only in pineapples, keeps blood platelets from sticking together and forming clots. Why is this important? These clots can break off from artery walls and interrupt blood flow to the brain, setting you up for a memory-damaging stroke, notes Apovian. Pineapples are also rich in folate (aka vitamin B9), which can make you more alert and better able to focus, she explains.

Other foods rich in bromelain: There are none.

Pineapple is the only edible member of its plant family.

Other foods rich in folate: lentils, spinach, black beans, broccoli

2. Purple Potatoes

These gemlike spuds are about as big as a Ping-Pong ball, but don't let their size fool you. Purple potatoes have many times the antioxidant power of their cousins, white and yellow potatoes. Studies have found that the plant pigments that give them their lovely color,

called anthocyanins, are antioxidants that can reduce inflammation. In a [study of 15 people](#) ages 50 to 70 reported in 2022 in *Nutrients*, those randomly assigned to eat purple potatoes for eight weeks reported less stress and irritability than those who ate a placebo food. Also, the high levels of folate in purple potatoes help lower levels of the amino acid homocysteine, which has been linked with dementia risk. Pretty good for such a tiny tater. **Other foods rich in anthocyanins:** blueberries, strawberries, cherries, plums, red and purple grapes, red cabbage and purple cauliflower.

3. Celery

Celery does more than serve as a swizzle stick for a tall glass of tomato juice. The stalks are packed with luteolin, a plant chemical called a flavonoid that contributes to health. Emerging research, mostly animal studies and a few early human trials, suggests luteolin may help fight depression and improve cognitive function, according to a [review published](#) in the *Journal of Pharmaceutical Analysis* in 2025. **Other foods rich in luteolin:** carrots, parsley, green peppers

4. Cucumbers

Along with their crunch, cucumbers are rich in antioxidants and provide a substantial amount of potassium. Researchers speculate that a diet high in potassium can help relieve mood problems such as anxiety and depression and preserve memory. In addition, a [study that analyzed data](#) from 2,555 adults age 60 and older found that those with the highest potassium intake performed better on cognitive tests than people whose diets were lowest in the nutrient. That research was published in *Clinical Nutrition ESPEN* in 2025. And don't forget, getting enough water each day — either from the tap or from water-rich fruits and vegetables, like cucumbers — is crucial for many reasons, including cognition and mood. **Other foods rich in potassium:** avocado, spinach, beets, orange, apricots, lentils

5. Raisins

Raisins are among the top food sources of boron, one of the most underrated minerals in human nutrition. "Among its other benefits, boron improves mental alertness, short-term memory and focus, and even affects eye-hand coordination and dexterity," says Forrest Nielsen, retired research nutritionist at the Grand Forks Human Nutrition Research Center in North

Legislative Report

Nice to know that AARP continues to support seniors despite the push for more tech everywhere.

AARP Pushes Congress to Keep AM Radio in Cars

By Emily Paulin and Mythili Sampathkumar,

Updated June 17, 2025 AARP



Many older Americans rely on AM radio for their news, emergency information and community engagement. Increasingly, though, automakers are dropping AM radio as a standard feature in some vehicles, especially new electric models.

To maintain this essential service, AARP has endorsed a U.S. House bill that would make AM radio standard for new cars. The legislation would require the National Highway Traffic Safety Administration to issue a rule requiring automakers to maintain AM radio as a feature of new vehicles — not as an add-on with an additional charge.

The AM Radio for Every Vehicle Act passed the U.S. Senate Commerce Committee in February. Now several members of the House have voiced their support. Older Americans want access to AM radio. An April 2025 AARP survey of Americans 50 and older showed that 79 percent of them support the continued availability of AM radio in cars.

While only about a third of those surveyed said they actively listen to AM radio, they overwhelmingly support its inclusion in cars. AM radio is particularly important during emergencies, when cellphone coverage may be unreliable or information needs to be broadcast quickly and over a large area. When other networks are down, AM radio can still broadcast weather updates and important information in areas where a natural disaster might occur.

Older adults make up a large proportion of the

Dakota. A few studies suggest that people who consume low amounts of foods rich in boron might have more trouble staying mentally alert and focused. In addition, this multifaceted mineral has anti-inflammatory properties that support cognitive performance. You probably won't learn to juggle four balls at once just by eating a handful of raisins, but this fruit (and a lot of practice) will set you on the right path. **Other foods rich in boron:** avocados, beans, green peas, raisins, prunes, peaches

6. Pumpkin seeds

To help protect memory and overall brain health, reaching for a handful of pumpkin seeds is a smart choice. Sometimes referred to as pepitas, these unassuming seeds are packed with magnesium, a mineral that fights inflammation and contributes to the growth of new brain cells. In a study published in the *European Journal of Nutrition* in 2024, more than 5,700 men and women ages 40 to 73 kept track of what they ate each day using an online dietary questionnaire. An analysis of the data concluded that eating more rather than less magnesium-rich food is related to better brain health. **Other foods rich in magnesium:** spinach, sesame seeds, cashews, navy beans

7. Artichokes

Artichokes are a good source of vitamin K, which plays a key role in what scientists' call "episodic memory," the ability to remember such things as where you left your keys or what you ordered for dinner last night. A [study of 1,533 adults](#) between the ages of 33 and 59, published in *Frontiers in Nutrition* in 2024, found biomarker evidence that a diet high in vitamin K could help protect against dementia and stroke. More good news: Artichokes are high in antioxidants and in magnesium, a mineral that may [promote better sleep](#). **Other foods rich in vitamin K:** broccoli, parsley, spinach, Swiss chard

REMINDER FROM RPEA HEADQUARTERS

Update Your Contact Information

Please send a message to RPEA Headquarters to update your mailing address, telephone/cell number where you can be reached along with your e-mail.

population in rural areas, where wireless and broadband connections are often limited or nonexistent, AARP noted in a Jan. 29 [letter to lawmakers](#). “AM radio connects millions of older rural residents to their communities through targeted programming, including the latest local news and weather,” Bill Sweeney, AARP senior vice president for government affairs, wrote.

U.S. Senators Ed Markey (D-Mass.) and Ted Cruz (R-Texas), cosponsors of the bill, wrote in a joint statement from January: “From emergency response to sports, entertainment, and news, AM radio is a lifeline that must be protected.”

AM radio plays a unique role
The new AARP survey also highlighted the importance of AM radio when it comes to diverse programming for underrepresented communities. Eighty-nine percent of Hispanic adults 50 and older said they strongly support AM radio’s availability in cars.

Despite a boom of new media platforms in recent years, radio (both AM and FM) still reaches 91 percent of American adults monthly, according to a [2023 audio report](#) by media analyst Nielsen. For adults 50 and older, that number is 92 percent. Of those listeners, 1 in 3 use AM stations each month, Nielsen reports. And almost three-quarters of those users — 74 percent — listen to those stations in the car.

Under the proposed legislation, most automakers would have a transition period of two to three years after the law is enacted to meet the requirement (some smaller automakers would have longer). During that transition period, companies selling vehicles without AM radio would be required to disclose that information with clear labeling.

The proposed legislation also requires the Government Accountability Office to investigate AM radio’s prominence in public safety messaging during [emergencies](#) and whether alternative communication systems could replicate that reach.

Seven former Federal Emergency Management Agency (FEMA) administrators called AM radio “a linchpin” of the infrastructure behind the federal National Public Warning System in a 2023 letter supporting an earlier version of the bill. “Should [\[electric vehicle\]](#) makers continue removing AM radios from their vehicles, this

vital public safety system will no longer function as intended,” they wrote to lawmakers.

Sweeney noted AM radio’s essential role during disaster events and within rural communities. AARP’s letter urges Congress “to quickly pass this vital safety measure into law.”



Chapter Board of Directors

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Board Meetings are scheduled in the months of January, April, August & November. They are usually Zoom meetings that are announced by email.

General Luncheon Meetings are scheduled on the first Thursdays of the months of March, June, September and December at 11:30am, located at Paine's Restaurant, 421 East Street, Hollister, CaliforniaNotices sent out by mail and/or email.

Chapter information is available on the RPEA of California website at www.rpea.com. You can also reach the chapter at RPEA106@gmail.com

Working Hard and Having Fun!

I was cleaning out one of my closets last week and I discovered these pictures. I thought that some of you might appreciate a stroll down memory lane. We spent a lot of time in this building working for the county, but we had some good times too.

I began to reminisce about the friendships made and the lives we shared. What I remembered was that I enjoyed the people and the work, even when the days were long and hard. We did some good work. At the end of each day, I felt like I was making a difference. I know many of you felt the same. I enjoy retirement but, I must omit, I sure do miss all of you and those days!

