



# The PACRA Pacer

## Where are they now

**DAN ARNSAN**, Superior Montana



A lot has happened since our 2010 Pacer profile. We continue to find life in Montana fulfilling in spite of the long winters. Fifty acres adjoining the Lolo National Forest gives us space for our new pup, Ranger, to roam, privacy, and lots of freedom.

Montana just passed a million in population so traffic isn't a problem. Our little town of Superior has a hardware store, a well-stocked supermarket and even a pharmacy. What more does a 73 year-old man need? Missoula, 60 miles away, has a Costco, Home Depot, and good restaurants.

I have reduced my volunteer work over the years to the VFW Honor Guard, Lions Club, and Rural Fire Board. I was able to fulfill a childhood dream by serving on the Superior Volunteer Fire Dept. for four years. At age 69, I retired before I became a liability. Firefighting is hard work, but it could be such an adrenaline rush. Barbara hated the early morning fire calls.

Barbara and I self published "Sarge's Shenanigans," a children's book about our beloved Flat-Coated Retriever, Sarge. The book has sold in over a dozen countries and has raised over \$4000 for canine cancer research. My newest book, "Sarge's Tank, for 8-12 year-olds, is about a lonely"

## Governing Board appoints Superintendent-President of Palomar



Dr. Star Rivera-Lacey

The Palomar Community College District (PCCD) will be led by Dr. Star Rivera-Lacey, who is returning to Palomar as Superintendent/President with a distinguished record of higher education leadership in the region.

Dr. Rivera-Lacey previously served as Assistant Superintendent/Vice President of Student Services at Palomar and is currently serving as the Vice President of Student Services at the San Diego College of Continuing Education (SDCCE), the noncredit division of the San Diego Community College District (SDCCD).

As Superintendent/President, Dr. Rivera-Lacey will oversee a community college district encompassing 2,555 square miles in North San Diego County and an annual budget of nearly \$582 million. She will lead the District's strategic planning process and initiatives for the District's short-and long-term fiscal stability. Palomar College serves

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*See PRESIDENT page 2*

over 25,000 students, offers more than 150 degrees and certificates, and operates education centers in Escondido, Rancho Bernardo, and Fallbrook.

“I am honored to be joining the exceptional Palomar College community. Palomar’s rich history of providing extraordinary educational opportunities over the past 75 years is impressive, to say the least, and I am excited to further this work and positively contribute to Palomar’s legacy,” said Dr. Rivera-Lacey. “I am wholeheartedly committed to fostering and institutional

environment that supports the educational dreams of students who come through our doors in search of a better tomorrow.”

Dr. Rivera-Lacey brings more than 23 years of administrative and leadership experience in Student Services and Instruction at community colleges in San Diego and the broader region. Her professional accomplishments include being named as an Aspen Institute Rising Presidents Fellow (2020-2021) and a National Community College Hispanic Council Fellow (2018). ♦

## A bit of Nostalgia .... Remembering Those Who Made a Difference



Margie Lynn Ruzich, 61, passed away on Sunday May 10, 2009. Margie graduated from Crawford High School in San Diego and completed her Bachelors Degree at San Diego State University. She earned her Master's Degree at Sacramento State University. After teaching in the Escondido Elementary and Encinitas School Districts, Margie became a full-time professor of Child Development at Palomar College in 1977. While at Palomar, she served as Department Chair, Children's Center Liaison and Faculty Senate President. More important to Margie was her long service as a Professor of

Child Development Her classes were always full and students liked her lecture style. She knew them by name and cared about each as individuals. Her passion for diversity and for teaching made her a beloved teacher to one and all. Due to increasingly poor health, Margie retired in 2006. Her friends will always think of her as a caring, compassionate and fun-loving. She was much loved and will be much missed. Margie was preceded in death by her brother, Dr. John Ruzich of Escondido. She is survived by her daughter, Taylor Stanley-Ruzich of Santa Barbara; and her nephew Rober Ruzich of San Diego. There will be a public Memorial Service on Friday, August 21 at 4 p.m. in P-32 at Palomar College.



### **PACRA Pacer**

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**June Rady, Bob Larson**

Communications Committee

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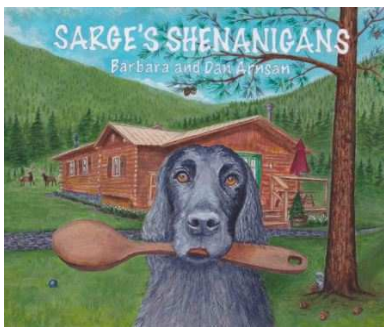
**Printing Solutions**

Layout & Design

**Bob Larson**

### ***PACRA MISSION STATEMENT***

*Our mission is to maintain communication between retirees and the College; to attend to member benefits and health/welfare issues; and, to administer the PACRA scholarship for students of PACRA members.*



10 year-old who builds a miniature tank with a goal of driving it in the Veteran's Day parade. Set in the 50's it is a story about big dreams, friendship, bullying and more. The book was part of a sabbatical leave project at Palomar and I will always appreciate the oppor-

tunities provided by the college. All royalties are going to Warrior Canine Connection.

Barbara continues to create museum quality ceramic pieces and remains the primary art judge at the Mineral County Fair. Renovation of our original log home, now a guest cabin, is almost complete. We welcome visits from our Palomar friends after we get through these difficult times. We would also welcome your Facebook friendships or emails- [darnsan@icloud.com](mailto:darnsan@icloud.com).



 **FOR YOUR HEALTH - PREVENT FALLS AND FRACTURES** 

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

**Many Older Adults Fear Falling**

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities.

But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. The good news is, there are simple ways to prevent most falls.

**Causes and Risk Factors for Falls**

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Other causes include safety hazards in the home or community environment.

Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension). Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

Confusion can sometimes lead to falls. For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion. The more medications you take, the more likely you are to fall.

*See FALLS page 4*



## Take the Right Steps to Prevent Falls

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- ◆ **Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger.
- ◆ **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall
- ◆ **Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- ◆ **Get enough sleep.** If you are sleepy, you are more likely to fall.
- ◆ **Limit the amount of alcohol you drink.** Even a small amount of alcohol can affect your balance and reflexes.
- ◆ **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly.
- ◆ **Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls.
- ◆ **Be very careful when walking on wet or icy surfaces.** They can be very slippery!
- ◆ **Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet**
- ◆ **Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.**

## Keep Your Bones Strong to Prevent Falls

Falls are a common reason for trips to the

emergency room and hospital stays among older adults. Having healthy bones won't prevent a fall, but if you fall, it might prevent breaking a hip or other bone. Getting enough calcium and vitamin D can help keep your bones strong. A healthy weight, adequate physical activity, limiting alcohol use, quitting smoking are also way to keep your bones healthy.

### What to Do If You Fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible.

Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.



**California Retired  
Teachers Association**

**CALRTA (CALIFORNIA RETIRED TEACHERS'  
ASSOCIATION)**

*from Tom Humphrey and Judy Dolan*

<https://calrta.org/>

*CalRTA's mission is to protect and advocate for retired and active educators' pensions and other retirement benefits, and to support public education in our communities.*

I, Judy Dolan, recently attended two webinars regarding CalSTRS delivered by our two CalRTA Legislative Advocates, David Walrath and Jennifer Baker:

- **What Every Retiree Should Know About the Future of CalSTRS Funding**
- **What Major Issues will CalSTRS Face in the Next Five Years: What Every Retiree Needs to Know**

*Tom and I invite you to view these webinars, one hour each, for these two informative and up-to-date webinars on the that affect the future of our retirement funding: <https://calrta.org/> myriad of factors [advocacy-action/](#)*

You gave so much during your career, and now you deserve to retire with some measure of dignity and security.

**CalRTA's top three issues:**

**1. Protecting Retirement Security**

A guaranteed retirement income protects retirees and helps recruit and retain the best teachers. Switching from the current defined-benefit pension system to a 401(k)-type defined contribution plan would be disastrous! Every two years we see pension cutting initiatives head for the election ballot and every time CalRTA is ready and able to fight them!

We also support 100% purchasing power protection for all CalSTRS retirees. Once retired your "annual adjustment" is 2% – this is not a true COLA – it's 2% based on your original pension. Over time what your money is "worth" decreases. We helped create the Supplemental Benefit Maintenance Account (SBMA) to support our oldest retirees and make sure their money is protected.

**2. Repealing the Social Security Penalties**

The current Social Security system includes two little-known penalties that reduce and often eliminate Social Security benefits for retired teachers in California and 14 other states. We're fighting to change that!

**3. Supporting California's Public Education System**

Teaching is one of the few professions that truly shapes the future. As former educators we understand how important it is to support our state's public education system. Through outreach, advocacy and volunteer efforts CalRTA's members make a substantial contribution to protecting students and their current teachers.

YOUR PACRA BOARD WISHES YOU  
ALL THE JOYS OF THE HOLIDAY  
SEASON AND A NEW YEAR OF  
HAPPY AND PRODUCTIVE  
RETIREMENT!

### **PALOMAR COLLEGE RETIREES' ASSOCIATION SCHOLARSHIP**

**Award: \$1,000**

**Criteria:**

- Must be a relative of a PACRA member  
\*\*\*please state this clearly on your application
- Enrolled full-time in Fall 2021 and Spring 2022 at Palomar College
- Cumulative GPA of at least 3.0 •  
Demonstrate school and/or community leadership and service

*Please contact Cynthia Poole, PACRA  
Scholarship Chair: [cpoole@palomar.edu](mailto:cpoole@palomar.edu)*

### **SAVE THE DATE**



Mark your calendars and plan to attend PACRA's Annual Meeting to be held on:

**DATE:** Thursday, April 21, 2022

**TIME:** 11:30am- 2:30pm

**PLACE:** TBA depending on whether or not the meeting will be in-person or Zoom. More information soon.

***join us!***