

Heads up

- Sign up for Oregon Health Authority Corona Virus updates at: <https://tinyurl.com/sy9petk>
- Read Gov. Brown's COVID-19 Executive Orders at : <https://govstatus.egov.com/or-covid-19#executiveOrders>

Covid-19 numbers *Pandemic in perspective*

Oregon's pandemic numbers continue to grow and reached new totals over the Thanksgiving Day weekend.

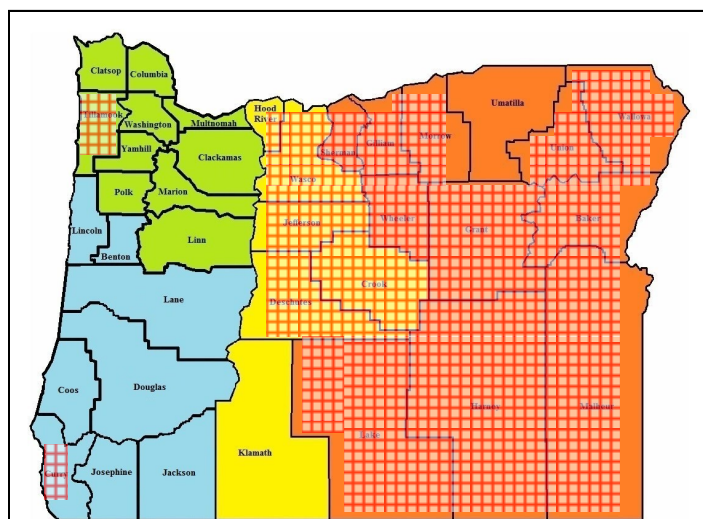
Latest figures suggested what would be a welcome, slightly downward trend in cases, but numbers change daily.

Some 74,120 Oregonians have been hit with the virus and the state has recorded 905 deaths.

Oregon tests have climbed to slightly more than one million, or just under one quarter of the state's population. Seniors, age 60 and above, accounted for 16.2 percent of Oregon's positive tests, according to the Oregon Health Authority (OHA).

Unless Covid-19 pandemic has hit close to home, new national milestone numbers marked through the holiday weekend are numbing, disbursed as they are across a country of 330-million people.

Fighting the ravishes of the pandemic have brought ups and downs on closures and freezes, the latest two-week effort by Gov. Kate Brown



13.4-Million

Cases nationally, are nearly equivalent to the combined population of Alaska, Hawaii, Idaho, Montana, North and South Dakota, Nevada, Utah and Wyoming; or, alternatively, nearly the combined population of Oregon, Washington and Idaho

264

The number of Oregon's 378 communities ranked by population, or 70% of them, that would nearly be wiped away completely by the 266,875 national death toll

17

The number of Oregon's 37 counties, ranked by population, or 49% of them, that would nearly be wiped out by the national death toll, including Baker, Crook, Curry, Gilliam, Grant, Harney, Hood River, Jefferson, Lake, Malheur, Morrow, Sherman, Tillamook, Union, Wallowa, Wasco, Wheeler

to stop the virus spread, expires Wednesday, Dec. 2.

Brown announced the freeze to reduce "risk in communities more vulnerable to serious illness and death, and helping

conserve hospital capacity so that all Oregonians can continue to have access to quality care."

Find a list of Covid-19 Resource links on Page 2

Next Member Meeting: See *Dear Retiree Members* Page 2



Louise Currin
President

Don't miss our Union Friends Holiday Get Together, 10 a.m. Wednesday, December 9, 2020. To join the Zoom meeting click:

<https://aft.zoom.us/j/7781127565>

Meeting ID:
778 112 7565

By phone:
+1669900683
3,778112756
5#

Actively Retired in Oregon

Published quarterly by
AFT-Oregon Retirees,
10228 SW Capitol Highway,
Portland, Oregon
97219. Office: 971-888-
5665.

President

Louise Currin

First VP

(vacant)

Secretary

Deanna Woods

Treasurer

Dean Pfaender

VP Membership Program

Claudella Walland

VP Legislative Activities

Greg Monahan

Editor

Val Jack

Associate Editor

Dick Schwarz

Find us on Facebook

Dear Retiree Members . . .

Little did we expect that Covid-19 would still be holding us hostage. Since we started holding member meetings via Zoom in September, each meeting participation has increased. We hope that will continue until we can meet in person again.

In that vein, we will be holding our Holiday Union Friends get together by Zoom, Wednesday, December 9. The tentatively scheduled guest is Oregon Senate Majority Leader Rob Wagner.

Sen. Wagner is a longtime friend of AFT-Oregon since

his tenure as AFT-Oregon Director of Political and Legislative Affairs.

As the holiday season approaches, I do want all of you to take care of yourselves. As spry and capable as we all are, we need to realize that as we age we need to be more careful.

With Covid-19 we need to take care and not expose ourselves to the disease — order groceries online, connect with family and friends by phone, virtual media like FaceTime, Zoom, Skype or other platforms.

One of the ways I connect is by joining friends

outside to a walk. Unfortunately, one of those walks resulted in a fall causing a shoulder injury and ensuing surgery. Two other Board members also have had injuries from falls that necessitated medical attention.

Listen to your body, rest when necessary and watch for even minor hazards that could cause you to stumble.

Stay well and safe! See you on Zoom!

In solidarity,

Louise

President

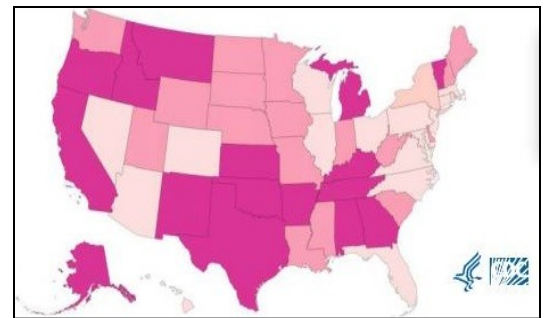
louisecurrin@comcast.net

CDC tracks senior falls, injuries

An estimated eight million seniors who fall, about 37 percent, “required medical treatment or restricted activity for at least one day” according to the Centers for Disease Control and Prevention (CDC).

Falls in population age 65 and older across the United States are about one in four. The CDC reports that number at 28 percent, reaching about 36-million falls a year.

To help prevent falls, the CDC recommends individuals talk to their healthcare provider, do strength and balance exercises, and check vision. The healthcare provider can evaluate the patient’s risk for falling and things the patient can do; review medicines, prescription and over-the-



Falls Reported by State (2018). At 30%, Oregon lands in the highest range (dark red: 28.8% to 33.9%) in reports of falls among the population age 65 and older.

counter, that might contribute to dizziness or sleepiness; and about taking vitamin D supplements. The CDC provides a wide range of information and resources beginning at: <https://tinyurl.com/yynaf47s>

Covid-19 information resources

Links to state, local and national sites with Covid-19 updates and information:

- [OHA Emerging Respiratory Disease page](#)
- [Multnomah County Health Department](#)
- [Clackamas County Health Department](#)
- [Washington County Health Department](#)

- Lane County: www.lanecountyor.gov/coronavirus
- [CDC COVID-19 page](#)
- [CDC travel notice](#)
- [WHO page](#)
- Johns Hopkins University Coronavirus Resource Center <https://coronavirus.jhu.edu/>



Greg Monahan
VP Legislative

While budget forecasts have been less dire than predicted, the next session of the Legislature will still face some hard choices on funding state agencies, including K-12 and higher education

Legislature

The election is over... mostly.

Considering the strenuous re-election effort of President Trump to again win an office he does not seem to want to use, he's spent most of the time since November 3, on the golf course. Yet, it appears that Democrat Joe Biden will be the next president. That's good for retirees and labor. With his working class background, Biden has always been a friend to working people.

In Oregon, while several Democratic seats on the Coast flipped to Republican, and other seats in south Salem and Bend flipped from Republican to Democratic, the election result leaves the Oregon House largely unchanged. But, Democrat Anna Wil-

liams is fighting to hold her Hood River seat, leading at this writing by a mere 90 votes from over 39,000 cast. However, with or without her seat, Democrats will continue to hold a supermajority in the House. There, Rep. Janelle Bynum, a moderate-leaning Democrat from Clackamas, has challenged Speaker Tina Kotek, who tends more toward the Left, for the gavel.

The State Senate results largely leaves the headcount unchanged. Democrats hoped to unseat Bend Sen. Tim Knopp but he appears to be winning his race by a fairly small margin. That means Senate Democrats will keep a super majority, but with the continuing challenge of Democratic Sen. Betsy

Johnson (Scappoose), who often votes with the Republicans.

Speaker Kotek has called for a December special Legislative session to discuss important issues related to the Pandemic. It's unclear whether Gov. Kate Brown and members of the Senate agree. If a special session is not convened, Legislative committees will start meeting in December to prepare for the regular Session, scheduled to begin the day after the Martin Luther King holiday.

As always, readers of this column should stay active, involved, and aware. Many of you came out to vote so that your voice would be heard. Do not hesitate to continue that good work.

Members adopt amendments, resolution

Adoption of amendments to the AFT-Oregon Retirees Chapter Constitution and Bylaws, and adoption of a resolution highlighted November membership meeting,

Changes, adopted unanimously, included refining the qualification for office; limiting to one year the office of Immediate Past President; allowing flexibility for conducting elections instead of immediately following nominations at the same meeting; clarifying responsibilities of the Offices of Secretary and of Treasurer, and Board budget authority.

Bylaw adjustments clarified standing and ad hoc committees and their makeup;

improved description of duties of committees, and addition of an audit committee. Membership meetings announcement and materials also was refined.

The amendments also emphasized the long standing July 1, dues year allowing adjustment only in the first year of a new member joining after July 1. Continuing membership will be tied to that date, which has been in the Bylaws since the founding of the Retirees Chapter.

A work group of Treasurer Dean Pfaender, Past President Val Jack and member Dick Schwarz produced the

Resolution submits name of Union Army Gen. Henry Robert to list of possibilities for U.S. Military base names

AFT-Oregon Retirees



10228 SW Capitol Highway
Portland, Oregon 97219

Phone: 971-888-5665

E-mail: retirees@aft-oregon.org

Visit AFT retirement issues
www.aft.org/retirement

Upcoming Events:

Member Meeting
December 9, 2020 by Zoom

Member Meeting Dates 2021:

- January 20 (by Zoom)
- February 17 (TBA)
- March 17 (TBA)



Dean Pfaender
Treasurer

Meet the Treasurer

Since October, 2020 Dean Pfaender has taken up the duties of Treasurer, the first since Constitution amendments split the position from the previous role of Secretary-Treasurer. Dean is a retired Hillsboro School District bus driver, where he was represented by Local 4671, Hillsboro Classified United. His first act was to produce a Fiscal Year 2020-21 budget.

Woods on OPRI Board

Secretary Deanna Woods has been elected to the Board of Directors of Oregon PERS Retirees, Inc. (OPRI). She joins AFT-Oregon Retirees Chapter VP for Legislative Activities Greg Monahan, an OPRI Board member since 2014.

OPRI advocates for protection of Oregon PERS retirees rights and benefits. Learn more at www.opri.org



Deanna Woods
Secretary

Member actions *Continued from Page 3*

proposed amendments, updating the governing documents.

The resolution, "Recommending General Henry M. Robert for Renaming of Military Bases," asks Oregon's congressional delegation to forward the name to appropriate bodies now considering renaming military bases. Robert, best known as the author of the universally recognized and used Robert's Rules of Order, was an army officer who fought for

the Union in the U.S. Civil War.

He retired as a Brigadier General and commander of the Army Corps of Engineers in 1901 after a 44-year army career. His career included service in the San Juan Island "pig war," construction of Pacific Coast and Lake Michigan lighthouses and the Milwaukee harbor, and the deepwater Port of Galveston, TX.

The resolution calls on the AFT-Oregon and other retiree affiliates to actively support it.