

News Update



Representing Public Employees in City of Colusa, Sutter and Yuba Counties

The State Budget

By Executive Director Gary Stucky

While we are trying to better understand the elements of the budget passed by the legislature, we want to share some good news – bad news on the issue of deferrals of payments to the Counties related to Health and Human Services programs. It looks like the State will still be deferring payments this fiscal year until the end of March. Fortunately, it appears that both Sutter and Yuba Counties will be able to handle this cash flow problem without affecting our members. The additional good news is that the 7-9 months of deferrals the Governor had proposed was not included in the budget deal.

The bad news is that the budget deal does include more deferrals for July and August 2009. At least the Counties will have time to consider their options on borrowing and further

pursue the pending Court action filed by the Counties to ensure that the State pays for mandated services. The outstanding question is whether deferral really means that or whether it means sorry but the Counties will never see that money.

In quick summary, the budget deal to resolve the \$42 billion hole includes a mix of program cuts to Social Service and Mental Health Programs and tax increases, which includes a temporary 1-cent increase in the State Sales and Use Tax, a .25 percent rate surcharge to the State Income Tax brackets, a reduction in dependent care credit and an increase from 0.65 percent to 1.15 percent on the Vehicle License Fee. These temporary increases are scheduled to expire in 2012, except the VLF increase which is scheduled to expire in

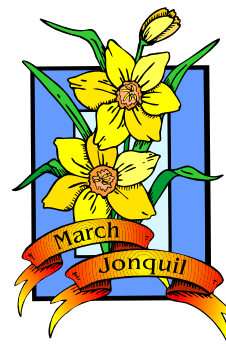
2013. The good news is the Gas Tax will not be increased by 12 cents per gallon as initially proposed. A special election is being slated for May 2009, to determine if voters wish to put a spending cap on government. We will be communicating more on this issue as we have better details. Next year voters will also be asked to vote on a state-wide open primary and program cuts to Social Service and Mental Health Programs.

We have started to meet with Yuba County to discuss their pending budget deficit for 2009-2010 fiscal year. YCEA has not received a specific proposal from the County regarding what they would like employees to consider to help resolve the budget problem. However, it is clear from the meetings held by the County

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Mission Statement

To represent and assist public employees in their quest to improve their wages and working conditions and to ensure their rights are protected.

Health Screenings Return with Bonus!

This March, Sutter County employees covered by Tri-County Schools Insurance Group (TCSIG) will again be able to participate in an onsite health evaluation.

The health evaluation is

offered at no charge, and is available to those on the TCSIG medical plan. Your comprehensive health evaluation includes 34 different tests that will be done on your blood. These tests screen for

cholesterol (total, HDL, LDL, triglycerides, and VLDL), diabetes, anemia, blood disease, kidney function, and liver function. This is a fasting blood test, so you cannot have

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SCEA St. Patrick's Membership Appreciation

By Office Manager Anna Anderson

On Thursday, March 19, the Sutter County Employees Association will hold a St. Patrick's Membership Appreciation event. The Association will celebrate with a St. Patrick's theme and serve corned beef, cabbage, potatoes, carrots, bread and cookies for dessert.

We have some fun planned and will give away some door prizes. Staff is working on the sponsors for contributions, so stay tuned for more information later.

A flyer with a ticket will be coming your way about a week before the event. If you do not receive a ticket by March 17, 2009, please let us know.

The event will be held at the Sheriff's Training Center, 44 Second Street in Yuba City, which is near Animal Control.

YCEA is planning a Membership Appreciation Fiesta to be held in May. We will have more details later.



Health Screenings Return with Bonus!

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anything to eat or drink (except water, black coffee, or tea) for 12 hours before the test. On the day of the evaluation, an onsite Interactive Health Solutions (IHS)/Delta TeamCare phlebotomist will draw your blood, take your blood pressure, ask you to complete a brief health questionnaire, and request that you **present your medical ID. card** for eligibility. You will need to call

800-840-6100 to schedule an appointment for the evaluation or go online to www.interactivehs.com if you are already registered.

This evaluation is confidential and HIPPA compliant. About 72 hours after your evaluation, you will be able to get your test results online. If you don't have Internet access or don't need to know your results

right away, in 2 weeks you will get a packet in the mail that will explain your results in detail. This is a great resource to take to your health care provider at your next visit for him or her to review or you may fax the report directly to your physician. Just logon to www.interactivehs.com, select "My Records" and then "Fax Your Records".

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Amusement Park Discounts

By Office Manager Anna Anderson

These are some of the discounts coupons we have available at this time. Staff should receive tickets around the middle of March.

- Discovery Kingdom—Everyone pays the kid's price. (\$29.99)
- Great America—Save \$10 starting 3/29/09
- Legoland—Save \$8
- Monterey Bay Aquarium—\$2.00 off regular admission
- Ripley's Believe It or Not!—\$3 off regular admission \$1 off (ages 5-12)
- San Diego Zoo—\$8 off the Best Value Ticket
- San Diego Wild Animal Park—\$8 off the Best Value Ticket
- San Francisco Zoo—One free child admission with one paid adult
- Seaworld—Save \$6 on single day admission or get two days for one
- Universal Studios—\$8 off general admission
- Winchester Mystery House—Save \$3 on each Estate or Mansion Tour

The State Budget

By Executive Director Gary Stucky

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Administrator and our direct communications with the County that they want our members to reopen negotiations on our current contract. It has been YCEA's position that the Administration/Management must lead by example if they want our members to consider concessions. YCEA has held several meetings with our members and once we have more information and/or a specific proposal from the County we will hold additional meetings. The membership controls the issue of opening our

contract for making changes to negotiated improvements.

Staff is beginning to evaluate the impact of the State Budget deal on our other members that work for Sutter County, the Courts, Housing Authority and the City of Colusa. One thing is clear from the details emerging from the Capital, all Californians will be affected in varying degrees based upon the increase to sales tax, VFL increase and increase to personal income taxes. It is also clear that those that are

dependent upon public assistance will also feel the pain of reduced or flat benefits. The "day of reckoning" has been coming for the State of California for sometime, it seems clear that day has arrived.

Your Staff is committed to keeping you informed on matters that can and will affect you and to reducing the impact on our members the best way we can. **Stay informed, stay involved and exercise your right to vote on matters that affect you.**

Health Screenings Return with Bonus!

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It is important to be aware of your health. Has it been a while since you have gone to the doctor? Do you know what your cholesterol numbers are? Of the US population, 22% have high cholesterol, which is known to cause Coronary Heart Disease and Congestive Heart Failure. A healthy lifestyle, including regular physical

activity and a healthy diet can prevent heart disease by 80% and Type 2 diabetes by 90%.

HAVE YOU HEARD THE LATEST?

- TCSIG covered Sutter County employees, spouses, and retirees are eligible for this FREE Health Screening. **In fact, if you**

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To schedule your test, visit www.interactivehs.com and log in if you registered last year or call 1-800-840-6100!

Learn to Quit Smoking "No Charge"—Yuba County Public Health

Make it easier for you to quit for good -

- Quit Smoking
- Quit Chewing
- Learn How to Make a Plan that Works for You
- Nationally Recognized Program
- Taught by a Certified Facilitator
- Attendance Required for Insurance Approval of Cessation Aids

Sessions for 2009

March: 10, 12, 17, 19, 24, & 31

May: 5, 7, 12, 14, 19, 26

July: 14, 16, 21, 23, 28, & 30

September: 8, 10, 15, 17, 22, 29

October: 13, 15, 20, 22, 27 & 29

Call 749-6328 to register at no-cost!



Representing Public Employees in City of Colusa, Sutter and Yuba Counties.

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SCEA Site Rep Meeting — <i>Thursday at noon</i> <i>Held at the S/YCEA Association Office - Site Reps attend</i>	March 5
YCEA Site Rep Meeting — <i>Tuesday</i> <i>Held at the S/YCEA Association Office - Site Reps attend</i>	March 10
SCEA Board of Directors' Meeting — <i>Monday at noon</i> <i>Held at the S/YCEA Association Office — Board members attend</i>	March 16
Local #1 Board Meeting — <i>Tuesday at 7:30 pm.</i> <i>Held at Local #1 Martinez Union Hall - Local #1 Board members attend</i>	March 17
SCEA St. Patrick's Membership Appreciation — <i>Thursday</i>	March 19
YCEA Board of Directors' Meeting — <i>Wednesday at noon</i> <i>Held at the S/YCEA Association Office—Board members attend</i>	March 25

Health Screenings Return with Bonus!

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participated last year, this year you will get a \$50 check. New participants or those who missed last year's health evaluation will receive \$25.



- This year, you have the **option** of adding some extra tests. There is a charge for these **OPTIONAL** tests, but TCSIG will cover half of the cost! You will need to pay for ½ of the charge at the time of the screening. Please see the TCSIG Member Newsletter or www.interactivehs.com for all the details.
- The 4 optional tests include Vitamin D level, Hemoglobin A1c which is thought to be an early screening for diabetes, High Sensitivity C-Reactive Protein test (CRP) which may be predictive of heart disease, and a VAP cholesterol screen that identifies 21 cholesterol sub-classes. If you have questions about these tests, ask your doctor or go online at www.interactivehs.com to learn more about them.

SO WHY AREN'T YOU PARTICIPATING?

- We would like to see 100% participation of our employees, since this can be a life saving event as far as detecting health conditions early. The most common reason I have heard for not participating is concern about confidentiality. There is still some hesitancy and concern that the results will in some way “get back” to the employer. I have been assured to my satisfaction that these results are only released in aggregate form and Sutter County employees are not even separated out from other TCSIG covered groups when reporting results. We would like to know as a group what overall health issues are most common so that we can focus our Wellness Program efforts in these areas, but no individual results are released. This testing is subject to all HIPAA confidentiality guidelines.

DID YOU KNOW?

- Last year, 1205 employees were screened (this includes agencies other than Sutter County). 662 of these were repeat screeners. Results showed:

- 48% have a health issue
- 24% are at risk of a heart attack in the next 10 years
- 17% are trending to be a diabetic
- 179 newly discovered abnormal results
- 27 newly discovered **serious** abnormal results

THE GOOD NEWS FROM REPEAT SCREENERs

- 68% improved cholesterol levels previously over 220
- 64% improved LDL levels previously above 160
- 64% improved triglyceride levels previously above 200
- 51% improved glucose levels previously above 110

So what's stopping you?? To schedule your test, visit www.interactivehs.com and log in if you registered last year or call 1-800-840-6100!

By Alice Williams-Root PHN (with thanks for input to Richard Hare, Executive Director TCSIG; Roberta Womer TCSIG; and Natalie Mosesian, Health Educator Delta Health Systems).