



# The Billy & Spanner



## PRESIDENT'S NOTES

By Ray Storms

By the time you receive this newsletter Memorial Day will have come and gone. I know people do many different activities on that weekend. Just as long as we remember the purpose of this holiday is to remember the people who died while serving in the country's armed forces. We owe a great, great debt to these individuals and their families that we can never repay.

The Folsom BBQ was a big success. We had 63 people show up. I was told the food was excellent and provided by Old Town Grill. Everyone enjoyed themselves and had a chance to visit with each other. John Shuman updated the membership on the happenings of the Association. Jim Spence updated the group on the insurance plans concerns. Special Thanks to Ed Cutter for all his hard work on running this Event.

From time to time I will get a call from a member saying they are not receiving the newsletter. We can only go by the address we currently have on file and or email. So if by chance you move don't forget to inform us also. If you want to update your information by e-mail, please send to Jerry Ellis at [dir\\_jellis@retiredsjpoff.org](mailto:dir_jellis@retiredsjpoff.org). Be sure to provide an updated e-mail address as well as that is the quickest way we can keep you up to speed on what is going on.

## 11TH ANNUAL BOBBY BURROUGHS MEMBERSHIP FOLSOM BBQ



### SPECIAL NOTICE:

ASSOCIATION MEETING  
DATE CHANGE: JUNE MEETING  
WILL BE ON WEDNESDAY JUNE 13  
INSTEAD OF THURSDAY  
JUNE 14

### SPECIAL WIDOWS & ORPHAN AID ASSOC. NOTICE:

Members of San Jose United Fire Fighters Widows & Orphans Aid Association that received a letter requesting them to fill out a new beneficiary card and return to the association, please do so. Don't jeopardize the benefit that the beneficiary can get. have any questions, contact:

Jerry Ellis  
[jerryellis321@gmail.com](mailto:jerryellis321@gmail.com)  
408-730-9974

visit our website at [www.retiredsjpoff.org](http://www.retiredsjpoff.org)

# SENIORS SLEEP LESS

Submitted by Walter Bugna, Vice President of Fire.

Written By Chris Iliades, MD

“Americans need more sleep. We may be the most sleep deprived culture in history,” says Alan Kominsky, MD, an otolaryngologist and sleep specialist at the Cleveland Clinic Sleep Disorders Center. “People sleep less as they get older and many seniors complain bitterly about lack of sleep.”

A recent review article published in the journal *Geriatrics and Gerontology International* states that aging is associated with changing sleep patterns that lead to reduced stages of restful sleep as well as increasing periods of wakefulness. Sleep disorders such as restless leg syndrome and obstructive sleep apnea also increase with age. Identifying and managing sleep problems in the elderly is important because lack of sleep can contribute to depression, memory impairment and physical disease.

## Causes of Sleep Disturbance

In addition to the natural changes in sleep patterns that occur with age, there are many other reasons for sleep problems in the elderly. “There are many factors,” says Dr. Kominsky, “including arthritis pain, sleep apnea from loss of muscle tone and enlargement of the prostate gland that causes men to wake up to urinate frequently at night. Seniors in nursing homes may develop sleep disorders because they lose their normal schedule, don’t get outside in the sunlight and nap more frequently.”

## Consequences of Sleep Disturbance

In the past, other than daytime sleepiness, the health consequences of sleep deprivation were not appreciated. We now know that over 50 percent of all older adults complain of significant sleep disturbance and that these disturbances can have serious health consequences:

- Forty percent of people with long-standing insomnia also have a psychiatric disturbance such as anxiety disorder or substance abuse.
- Depression was once thought to cause the type of insomnia characterized by waking early in the morning. Growing research indicates that insomnia itself may be a risk factor for depression.
- Other recent studies have found a connection between shortened periods of sleep and development of diabetes.
- Obstructive sleep apnea in the elderly is associated with decreased blood supply to the heart and the brain as well as decreased mental function.

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## Help For Sleep Disorders

“Strategies that combine cognitive behavioral therapy with good sleep hygiene work best in the elderly. Sleep medications can be effective if more conservative treatments are not working but must be prescribed with care. Only short-acting sedative hypnotics should be used,” says Dr. Kominsky. A review of 48 clinical trials that evaluated the benefits of non-drug treatments for insomnia found these treatments were successful over 70 percent of the time. These treatment strategies may include:

- Maintaining a regular bedtime schedule
- Limiting alcohol and caffeine
- Increasing daytime sunlight exposure
- Encouraging physical activity

## Advice For Caregivers

“If you are a caregiver for a loved one who seems sleepy during the day or whose mental functioning seems to be declining, try observing them during sleep,” advises Dr. Kominsky. “Look for restless sleep, loud snoring or periods of interrupted breathing. These could be signs of sleep apnea which is a condition that increases with age. Sleep apnea can be treated with a continuous positive airway pressure device, a treatment that is well tolerated by seniors.” If you suspect a sleep disorder, ask the doctor for a sleep evaluation. Help for sleep problems in the elderly is available and effective.

## In memorial:

Retired Chief Theodore (Ted) Bohn  
Retired from SJFD in January of 1981



Retired Firefighter William (Bill) Murtha  
Retired April 1, 1976



## CONGRATULATIONS ON YOUR RETIREMENT

**GRAYDON CARR**, Police Officer, Police Department, effective May 19, 2018; 27.47\* years of service.

**CHRISTINE J. ZARATE**, Police Officer, Police Department, effective May 19, 2018; 25.06\* years of service.

**JEFFREY CARDOZA**, Fire Engineer, Fire Department, effective April 14, 2018; 28.70\* years of service.



Association of Retired San Jose

Police Officers & Firefighters

P.O. Box 28041  
San Jose, CA 95159-8041

visit our website:  
[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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## CALENDAR OF EVENTS

- 6/6 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
- 6/13 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236
- 6/13 NEW TIME: Association Meeting**  
**11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 6/20 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 6/20 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 6/27 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 7/4 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
- 7/11 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
- 7/12 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 7/18 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236
- 7/18 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 7/25 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ., 408-378-6022
- 8/1 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400

## CONDOLENCES

- Rick J. Heckel, Police Officer, retired January 7, 2007, died February 28, 2018.
- Daniel McTeague, Police Sergeant, retired May 5, 1994, died February 14, 2018.
- Terry Newman, Fire Engineer, retired January 6, 1988, died March 28, 2018.
- Charles D. Roy, Police Lieutenant, retired January 12, 1980, died February 24, 2018.

## ASSOCIATION OFFICERS

- |                               |  |
|-------------------------------|--|
| Ray Storms, President         | 510 507-1136<br><a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a> |
| John Shuman, VP of Police     | <a href="mailto:vppolice@retiredsjpoff.org">vppolice@retiredsjpoff.org</a>                   |
| Walter Bugna, VP of Fire      | <a href="mailto:vpfire@retiredsjpoff.org">vpfire@retiredsjpoff.org</a>                       |
| Dale Foster, Secretary        | <a href="mailto:secretary@retiredsjpoff.org">secretary@retiredsjpoff.org</a>                 |
| Larry Samarron, Jr. Treasurer | <a href="mailto:treasurer@retiredsjpoff.org">treasurer@retiredsjpoff.org</a>                 |

## DIRECTORS-AT-LARGE

Mike Alford, Don Bartels, Craig Blank, Pat Boyd, Jerry Ellis, Tim Miller, Mike Moffett, Jim Spence

## WIDOWS & ORPHANS OFFICERS

- |                                    |              |
|------------------------------------|--------------|
| President (COA) Jeremy Wise        | 831-566-7624 |
| VP (SJA) Larry R. Chua             | 408-926-2709 |
| VP (COR) Bill McCluskey            | 408-985-7563 |
| Secretary (SJR) Luis Chacon        | 408-642-0385 |
| Treasurer (SJR) Jerry Ellis        | 408-730-9974 |
| Treas. Emeritus (SJR) Mike Moffett | 408-867-0405 |

## POLICE BENEVOLENT ASSOCIATION OFFICERS

President - David Wysuph, Vice President - Steve Windisch,  
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir [www.sjba.net](http://www.sjba.net)