



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

I would like to give thanks to the retirees that participated on the Day on the Lake Barry Arata SJFD said it was a great success. For those of you who missed it, Local 230 and the SJFD annually they take a number of Handicap/Wheelchair bound kids out to Coyote Lake for water fun, boating, water toys, tubing and such, followed throughout the day with a BBQ. A great time was had by all.

We have a great bunch of retirees, both police and fire, that volunteer for all sorts of things in the community. We, as an organization, do not always hear about it until after the fact. But, I am always amazed when someone comes up to me to thank us for something one of our members have done. Thank you for all that you retirees do! As these events occur we will try to get the notice out.

The Annual Retirees BBQ at Coyote Ranch is August 9th 3-7pm come out and see some friends! Please RSVP on the website so we can have a head count.

There will be Retiree Open Enrollment details at our October 11, 2018 membership meeting. Yes, I know it is a ways off. However, this has always been a good meeting to get information on the rates and any changes to your medical benefits. Retirement Services will be at the meeting to update us prior to the open enrollment period.

Finally, we will be meeting with the City this month to discuss the new process for selecting a third-party administrator to process Worker's Compensation claims. As I reported last month, the City will be contracting the work done by in-house staff. The Association raised concerns about the changes, specifically as it relates to having accountability built into the contracts to ensure that active and retired members are getting the timely, quality medical care they need. The City has added the Association as a stakeholder group in the process. We look forward to working with the City on making sure that whoever is selected is serving our people the way they deserve to be treated. We will keep you informed.

UPCOMING EVENTS

Presentation on Retiree Health
Care Open Enrollment
October Membership Meeting
October 11, 2018
11 AM at SJPOA Hall

visit our website at www.retiredsjpoff.org

THE MIND'S IMPACT ON HEALTH.

From Harvard Health Publishing, Submitted by Walter Bugna, Vice President for Fire

First, we will take a very brief look at a few examples of how psychology has been shown to influence the immune system:

Bereavement: stories of recently bereaved individuals dying soon after their partner are common. These tales are not just apocryphal. A study that followed 95,647 recently widowed individuals found that during the first week after bereavement, mortality was twice the expected rate. There is more to this than a metaphorical "broken heart"

The gut: it is now fairly well established that there is a strong association between sustained stressful life events and the onset of symptoms in functional gastrointestinal disorders, inflammatory bowel disease and irritable bowel syndrome

Cancer: health professionals working with cancer patients know only too well that a patient's outlook and their quantity and quality of psychological support can hugely impact the outcome of their disease
HIV (human immunodeficiency virus): studies have found significant evidence that elevated levels of stress and diminished social support accelerates the progression of HIV infection

Skin complaints: psoriasis, eczema and asthma are all known to have psychological aspects to them. A stressful day at the office can have you scratching as you reach for the asthma pump

Wound healing: the speed at which a surgical patient heals has been linked to psychological factors. For instance, increased levels of fear or distress before surgery have been associated with worse outcomes, including longer stays in the hospital, more postoperative complications and higher rates of re-hospitalization. In one study on patients with chronic lower leg wounds, those who reported the highest levels of depression and anxiety showed significantly delayed healing.

CONDOLECES

RETIRED SJPD SARGENT JAMES ROACH passed away of a sudden heart attack at his home in Grass Valley at the age of 69. A copy of his Obituary is in the Farsider. A celebration of his life is planned for James on August 11, 2018 from 5:00 to 8:00 PM at 19219 Hiers Road Grass Valley CA, 95949.

RETIRED SJPD SERGEANT RAUL MARTINEZ SR. (Badge 1735), passed July 6, 2018 due to heart complications.

Save money, save paper.

Sign up for E-Newsletter. By signing up to receive the newsletter through e-mail, you will get the same content, only you will help the Association save money on printing and postage costs. If you wish to receive the newsletter via e-mail versus regular mail, please send an e-mail to treasurer@retiredsjpoff.org

WIDOWS & ORPHANS ASSOCIATION BENEFICIARY INFORMATION NEEDED!

Submitted by Jerry Ellis, Director

Members, the Widows & Orphans Association was requested to fill out a new BENEFICIARY CARD and return to the Association. The new card was mailed with the request. After close to TWO MONTHS, some of the cards as not been received back. So, please to prevent the beneficiary from missing out on the benefit, mail the BENEFICIARY CARD back now.

The following names, the cards have not been received:

Eric Bygdnes	Clemente Rochha
Teresa (Reed) Deloach	David Salazar
Gary Galasso	Jean Santos
Eric Lopez	Steven Schmidt
Alexander Navy	Richard Valenzhela
George Palma	Michael Wheaton
Edward Powell	Mark Williams
George Rizzo	Mitchell Wisinski

The cost of the benefit is only \$1.00 per month for the \$7500.00 benefit.

The cost of mailing is about \$2.00 per person. You can contact Jerry T. Ellis at (408) 730-9974 or (jerryellis321@gmail.com)

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS AND FIREFIGHTERS

36TH ANNUAL AUGUST 2018 BBQ

PLACE:
Coyote Ranch

WHEN:
Time: 3:00 PM to 7:00 PM
Dinner will be served at 5:00 PM

COST:
\$10 for Members
\$15 for Spouse
\$15 children between ages 12-16
\$20 for Non-Members

FOOD SERVED:
BBQ Ribs & Chicken,
Corn on Cob, Salad, Garlic Bread,
Soft Drinks, Beer & Wine

MAKE CHECKS PAYABLE TO:
AORSJPO&FF

AND SEND TO:
Jerry Ellis
P.O. BOX 28041,
SAN JOSE, CA 95159.

THURSDAY, AUGUST 9, 2018



Association of Retired San Jose

Police Officers & Firefighters

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

visit our website:
www.retiredsjpoff.org

Volume 26
No. 7
July 2018



Association of Retired San Jose

Police Officers & Firefighters

The Billy & Spanner

CALENDAR OF EVENTS

- 8/8 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
8/9 Annual Association BBQ, 3PM to 7PM, Coyote Ranch, just off of Monterey Highway in the Coyote Valley
8/15 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
8/15 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
8/22 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236
8/29 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ
9/5 Hick'ry Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
9/12 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
9/13 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
9/19 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
9/19 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
9/26 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236
10/3 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ
10/10 Hick'ry Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
10/11 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
10/17 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
10/17 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose

WELCOME NEW MEMBERS

Laura Nores Joe A. Perez
James Hoag Timothy Hardie
James Hunt

ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	vpfire@retiredsjpoff.org
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

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) Maxwell Magnus	650-773-3271
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