



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Reminder that there is no August meeting as that is the day of Our BBQ at Coyote Ranch. There was a glitch in the computer sign up, that has been fixed and you can sign up online now. Please do so we can get a head count.

Reminder that the Coyote BBQ will be August 8, 2019 3pm-7pm and that the cost will be \$5 for members and

their spouses and \$10 for non-members.

I attended the Benefits Review Forum (BRF) Meeting regarding the Request for Proposals (RFPs) for Health Insurance coverages for Retirees and Actives. On June 25th, City Council approved the recommendations from the forum. On January 1, 2020 our insurance carriers will be Kaiser and Anthem. The Open Enrollment period will be (November 1 to November 30). If you go to the our website, there is a link for information about the plan and frequently asked questions.

This Retirement Solutions Working Group is scheduled to begin meeting this Fall. The Mayor has requested that this group be formed. The group will discuss such topics as: recent actuarial valuations, amortization schedules, discount rate, investment strategies, and the budgetary impacts of retirement costs. It was requested that a representative from the Association of Retired Police Officers and Firefighters serve on this working group. I will attend these meetings as your representative.

Also, a reminder that on Friday, August 23rd Celebration of Life Randy Perez Alameda County Fair Grounds Wine Garden area 12:00 - 4:00pm be advised there is a fee to get into the Fair Grounds it is Good Guys Weekend.

As always stay safe and enjoy your retirement you earned it!

INSIDE:

- Health Tips
- Special Events

HEALTH & WELLNESS

Submitted by Walter Bugna, VP of Fire

What are some common facts about health in seniors?

- As people get older, physiological changes occur in their body as a natural part of aging.
- Physical changes due to aging can occur in almost every organ and can affect seniors' health and lifestyle.
- Some diseases and conditions become more prominent in the elderly.
- Psychosocial issues can also play a role in physical and mental health of older adults.
- A balanced diet and regular exercise are strongly linked to better health outcomes in seniors.
- A series of routine screening tests and preventive measures are recommended for the elderly.
- Important preventive measures at home can improve the safety and health of seniors.
- Geriatrics is a medical subspecialty dedicated to the care of the elderly. Physicians who have specialized training in this field are known as geriatricians.

Exercise Tips for Successful Aging

You can age successfully. The more active, healthy, and fit you are now, the better you will feel as you age. For example, exercise helps you think better and improves your mood. Exercises to explore as you age include

- Walking
- Swimming
- Cycling
- Resistance training
- Strength training
- Flexibility and balance exercises

From: www.medicinenet.com



CELEBRATION OF LIFE FOR RANDY PEREZ SCHEDULED

A Celebration of Life for retired Fire Engineer Randy Perez has been scheduled for Friday, August 23, 2019. The location will be the Goodguys Car Show (Randy's favorite car show) in the Wine Garden Area. Three of Randy's cars will be on display at the show.

Friday, August 23, 2019

12PM – 4PM (stop by anytime)

Goodguys West Coast

Nationals Car Show (Wine Garden Area)

4501 Pleasanton Avenue, Pleasanton, CA 9456

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 have it in your e-mail, please send an e-mail to treasurer@retiredsjpoff.org

SAM SEIBERT'S 100TH BIRTHDAY CELEBRATION!



Sam is a retired Fire Captain with the San José Fire Department where he served from 1946 to 1976. He's the oldest living San José firefighter and is the "Founder Emeritus" as well as the greatest contributing member of the San José Fire Museum. We hope that you can attend and help us to celebrate and honor this great man!

Date: August 26, 2019

Time: 11 AM to 2 PM

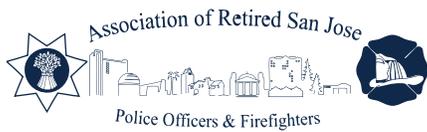
Where: SJ Fire Museum, Old Fire Station 1, 201 N. Market Street, San Jose



IN MEMORIA: FRANK JOST

It is with sadness that we inform you of the passing of Retired Captain Frank Jost. Frank passed on June 6, 2019. Frank was 83. We will pass on further details of any memorial services or where to send condolences once we receive them.

*Retired Captain Frank Jost.
Passed June 6, 2019.*



P.O. Box 28041
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visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

- 8/7 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 8/8 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 8/8 Annual Assoc. BBQ, Coyote Ranch, 3PM to 7PM
- 8/14 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 8/14 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 8/21 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 8/28 City Diner—Tan, 2951 Monterey Rd., 408-269-5490
- 9/4 Burger Pit, Blue, 120 Blossom Hill Rd., San Jose, 408- 225-6030
- 9/11 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 9/12 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
- 9/18 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 9/18 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 9/25 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400

WELCOME NEW MEMBERS

James M. Link
Patrick D. Mulcahy
Michael Sperrer

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

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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 - Ernie Alcantar, Vice President - Steve Windisch,
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir www.sjba.net