

# The Billy & Spanner



## PRESIDENT'S NOTES

By Ray Storms

My first thought is for those who have lost their homes this fire season. If you live in any of the areas affected by the smoke from these fires, please use a N95 face mask, as all of the other medical masks will not protect you from the smoke.

At our October Association meeting, Retirement Services Senior Health Analyst Amanda Ramos lead a presentation on the 2020 Medical Insurance Benefit options offered by the City for retirees. Director Jim Spence assisted her with the presentation and in answering questions. The presentation was videotaped, and an email was sent out on how to access it. It will also be placed on the Retiree Association website. All information provided during the presentation is accessible on the City Retirement Services website. You should have received your OPEN ENROLLMENT packet by now, if not contact Retirement Services at 408-794-1000.

The Retirement Solutions Working Group, created by Mayor Liccardo, is scheduled to begin its work November 12, 2019. The group will discuss such topics as: recent actuarial valuations, amortization schedules, discount rate (assumed rate the Fund's investments make), investment strategies, and the budgetary impacts of retirement costs. As a reminder, I am serving on this working group as the representative of our Association. If you have any questions, please let me know.

As an update, VP Shuman and VP Bugna are working on possibly providing a new "Survivor's Guide" for assisting with the process of dealing with the death of a loved one.

Finally, all current Executive Officers are willing to be nominated for another year in their positions on the Board. Directors Mike Alford, Craig Blank and Pat Boyd have informed us that they will be resigning their positions this year. Officers will be elected at the General Membership Meeting in November 2019

### ATTENTION:

- Association Officer elections at 11/14 Association meeting

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

# ARE PLANT-BASED DIETS SAFE FOR SENIORS AND WHY?

Submitted by Walter Bugna, VP of Fire | Excerpts From: Forks over Knives

Plant-based diets are popular among younger generations. Many older adults likely have children or grandchildren who have adopted a vegetarian or vegan diet. Their reasons for doing so may range from worries about their health to concerns about animal cruelty.

Some older adults are beginning to explore alternative diets. A growing number of physicians, especially cardiologists, are recommending seniors adopt a lifestyle based on the Mediterranean diet or the DASH diet. Other older adults are finding their way to a plant-based diet, too.

## Older Adults and the Benefits of a Plant-Based Diet

The risk factors for health problems such as heart disease, cancer, and Alzheimer's disease increase with aging. Diet can influence whether or not you develop many of them.

A few benefits of a plant-based diet include:

**Improved telomere activity:** Telomeres are the enzymes that rebuild the caps at the end of our DNA strands. While they are important for human life, they shorten with age. Research conducted by the University of California San Francisco showed that adopting a plant-based diet for three months can significantly increase the production of telomeres and slow the aging process.

**Boosts the immune system:** When your diet includes animal products, you are likely to eat less fruits and vegetables. That combination puts you at higher risk for heart disease, while also preventing you from reaping the rewards fruits and vegetables can provide. The most common benefits of plant-based foods include decreased risk for cancer, a stronger immune system, healthier weight, more energy, and better sleep.

## Transitioning to a Plant-Based Diet

If you are moving toward a plant-based diet during your retirement years, there are a few factors to keep in mind.

**Protein:** The body relies on protein to build and maintain muscle mass. This can begin to decline as early as our 30s. If you eliminate meat and dairy from your diet, replace it with other protein-rich, plant-based foods. A few examples are seeds, nuts, and legumes.

**Vitamin B12:** The body doesn't absorb vitamin B12 as easily in senior years as it did during young adulthood. Because this vitamin is found in animal products, moving to a plant-based diet can lead to a deficiency. Talk with your physician to see if they recommend a vitamin B12 supplement or injection.

**Calcium:** Osteoporosis is a condition that is more common with age. It is a leading cause of broken bones and fractures but calcium helps to protect against it. If you eliminate dairy from your diet, you will need to incorporate plant-based foods that are calcium-rich. Green vegetables such as spinach, kale, turnips, collard greens, and broccoli are a few of these.

## CONGRATULATIONS ON YOUR RETIREMENT

MARK S. ALVARES, Police Officer, 25.20 years of service.

KEVIN P. MCMILLIN, Police Officer, 25.86 years of service (with reciprocity).

AURELIO RODRIGUEZ, Police Officer, 27.30 years of service.

NICHOLAS L. SPEAKS, Police Officer 25.14 years of service (with reciprocity).



## TOY WRAPPING NIGHT WITH LOS BOMBERS OF NORTHERN CALIFORNIA

On Friday, December 6th at 6PM, the Los Bombers of Northern California is hosting a toy wrapping event to wrap toys for children in need in our community. There will be music, food, drinks and entertainment, crafts for kids and Santa Claus. This is a pot lock style event, so please bring a favorite food to share. The event is located at the Family Community Church, 478 Piercy Road, San Jose. You can get more info at <https://lbnc.wordpress.com/christmas-toy-drive/>

## MEDICAL PLAN CHANGES PRESENTATION

Our goal is to always keep you informed as soon as possible on the most important topics in as many formats as possible. For those of you who have signed up with us with your e-mail address you should have received a message providing you with a link to a video presentation from Retirement Services on the upcoming changes to retiree medical plans. For those who missed it, you can watch the video by going to [www.vimeo.com/368079555](http://www.vimeo.com/368079555). Special thanks to Local 230 for putting the video together for us.



## 45TH ANNUAL FIRE FIGHTER MEMORIAL MASS

*Please join us San Jose Fire Fighters, Local 230 in honoring all past, present and future fire fighters who carry on the tradition of unselfish services to their communities.*

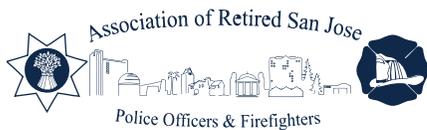
**SATURDAY, NOVEMBER 16, 2019 | 11:00 AM**

*Holy Cross Church | 580 E. Jackson Street | San Jose, CA 95112*



### 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](mailto:treasurer@retiredsjpoff.org)



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[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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## CALENDAR OF EVENTS

- 11/6 City Diner—Tan, 2951 Monterey Rd., 408-269-5490
- 11/13 Burger Pit, Blue, 120 Blossom Hill Rd., San Jose, 408- 225-6030
- 11/14 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 11/20 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 11/20 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 11/27 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 12/4 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 12/11/ City Diner—Tan, 2951 Monterey Rd., 408-269-5490
- 12/12 Annual Association Holiday Party 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**

## CONDONANCES

- Gary Flair**, Fire Engineer, retired October 12, 1971, died August 10, 2019.
- Victor Hernandez**, Police Officer, retired July 15, 2006, died July 15, 2019.
- Jack Spinler**, Fire Engineer, retired March 5, 1985, died August 5, 2019.
- Richard Thomas**, Police Sergeant, retired January 10, 1987, died July 16, 2019.

## ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 <a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
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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) 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](http://www.sjba.net)