



# The Billy & Spanner



## PRESIDENT'S NOTES

By Ray Storms

We have regrettably had to cancel the Coyote BBQ in August due to COVID-19 restrictions for this year. This is disappointing to us all as it serves as an event many of us look forward to reconnecting with past colleagues and friends.

Despite the COVID-19 restrictions, the Board once again held our June meeting via Zoom video conference. We also hosted a virtual membership meeting for the first time via Zoom. What was nice about that was we had members from out of the area able to participate. It was requested that when we get back to our regular meetings to also make participation by Zoom as an option, which we are exploring as an option. The nice thing is you can record the meeting, possibly allowing us to put it on the website for viewing later.

Another project we are progressing on is the overhaul of our web site. We are also developing a membership survey to understand how best to communicate with all of our members in the future. Please be patient as we move forward on this project.

## NEW TAX DEDUCTION

Healthcare Enhancement for Local Public Safety (HELPS) Retirees. HELPS is a new retiree health care benefit that provides a tax-free distribution of up to \$3,000 from retirement plans to help retirees pay for health insurance or long-term care insurance. The funds can be for coverage for the retiree, spouse or dependents. The distribution must be made directly from the retirement plan to the insurance provider.

Below is the information regarding where a retiree can find the out-of-pocket amount they paid for Health insurance premiums. The image shown is a sample picture of a Retirees Direct Deposit for December 2019 (Deposit Date 12/31/2019). Under the "Deductions" section you will see Health Deductions are listed (Anthem, Blue Shield, etc.) - the YTD (Year To Date) column, shown to the right of the "Deductions" column, has the amount that the Retiree paid out of pocket for their Health Plan(s). This information is accessible on Member Direct.

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

## STAY INFORMED! GIVE US YOUR EMAIL!

Now more than ever, we need the ability to communicate rapidly with you. If you are not signed up for our e-mail list, please sign up now. Send your information to Dale Foster at [secretary@retiredsjpoff.org](mailto:secretary@retiredsjpoff.org) or sign up directly at <https://lp.constantcontactpages.com/su/9Z5Z154/retirees>

# PHYSICAL ACTIVITY

Submitted by Walter Bugna, Vice President of FireTaken from: Help Guide Website

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory.

## PHYSICAL HEALTH BENEFITS

**Helps you maintain or lose weight.** As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

**Reduces the impact of illness and chronic disease.** People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

**Enhances mobility, flexibility, and balance.** Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

## MENTAL HEALTH BENEFITS

**Improves sleep.** Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed.

**Boosts mood and self-confidence.** Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.



## I'M DEAD. NOW WHAT?

The Association is giving away 100 copies of this book on a first come, first serve basis. A useful and helpful planner to give you peace of mind. It has important information about your belongings, business affairs, and wishes. It helps organize vital details about contacts, health and financial issues, etc. Contact Walter Bugna at [believe42218@earthlink.net](mailto:believe42218@earthlink.net) if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

## **PHYSICAL ACTIVITY** (Continued from Pg. 2)

**Does amazing things for the brain.** Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can help brain functions as diverse as multitasking and creativity and can help prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.

## **PRESIDENT'S NOTES** (Continued from Pg. 1)

1. Log into MemberDirect
2. From the menu on the left, under "Benefit Information," Select "Benefit Payment History."
3. Select 2019 for "Selected Year."
4. Select the December 2019 direct deposit (this will give you the full-year amount in the YTD column)- note: the example below has multiple Health Deduction lines - add the YTD amounts for each to get the total out-of-pocket amount paid.
5. Click "View Receipt" Button
6. Direct Deposit receipt will be downloaded and can then be opened - the format will look like the picture below:

## **FIREFIGHTING FOAM AND CANCER**

There have been many published articles about the link between Aqueous Film Forming Foam (AFFF) and cancer in firefighters. One California law firm, Pritzker Levine LLP, is conducting a legal investigation into the issue. Pritzker Levine represents firefighters who may have contracted cancer as a result of their exposure to AFFF. The firm is working with UCSF to test and analyze blood samples from firefighters who have or once had cancer for elevated levels of PFAS or PFOS—chemicals in AFFF linked to cancer. Any active or retired firefighter diagnosed with cancer who wants to learn more about their potential claims against the companies that make AFFF should contact retired SJFD Battalion Chief Richard Seal, Esq., who is Of Counsel to Pritzker Levine, at (408) 623-3519, or firm partner, Elizabeth Pritzker, at (415) 805-8532



## **ASSOCIATION BEGINS VIRTUAL MEMBERSHIP MEETINGS TO EXPAND ACCESS TO MEMBERS**

The COVID-19 pandemic forced all of us to change the routines of our everyday life. Conducting the Association's business is no different. Two months ago, we began to hold our board meetings via video conference on Zoom. Last month, we did our first membership meeting via Zoom as well.

Based on feedback we got from members who participated in our last meeting, we are going to attempt to host all of our future Association member meetings via Zoom. This will allow members who live out of the area to participate on an ongoing basis. So, if you want to attend our next meeting on July 9, 2020 at 11:00 AM via Zoom, please email Dale Foster at [daleedwardfoster@msn.com](mailto:daleedwardfoster@msn.com) and he will provide you with login information and a password. If you are signed up for our emails, we will send out an electronic invite closer to the date.

## **CONGRATULATIONS ON YOUR RETIREMENT**

**JEFFREY D. ENSLEN**, Police Officer, 25.30\* years of service. (With Reciprocity - 23.07415 CSJ + 2.23000 PERS YOS)  
**SHAWN SAN MIGUEL**, Fire Engineer, 25.25\* years of service.



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

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## CALLING ALL RETIRED FIREFIGHTERS: STUDY INVESTIGATING LONG-TERM FIRE EXPOSURE

### ELIGIBILITY

- You are a retired firefighter
- You experienced smoke exposure during your career
- You want to help determine the health effects of long-term smoke exposure and associated disease (e.g. asthma, cardiovascular system, cancer, and other diseases)

### COMPENSATION

- \$25 gift card for 30 min participation (questionnaire and biosamples)

### LOCATIONS

- Group testing across Bay area
- Stanford's Lucile Packard Children's Hospital, Rm 183

### TO FIND OUT MORE OR TO SCHEDULE

- Visit <https://studypages.com/s/wildfires-and-health-406033/>
- Or call 310-339-3894 or email [esmith53@stanford.edu](mailto:esmith53@stanford.edu) and [prunicki@stanford.edu](mailto:prunicki@stanford.edu)
- For participant's rights questions, contact 1-866-680-2906

## CONDOLENCES

**Timothy Gallagher**, Fire Engineer, retired August 5, 1999, died January 23, 2020.  
**James La Mar**, Fire Captain, retired August 2, 1989, died March 26, 2020.  
**Donald L. Torguson**, Firefighter, retired January 2, 1974, died April 11, 2020.

## ASSOCIATION OFFICERS

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## DIRECTORS-AT-LARGE

Don Bartels, Tim Miller, Mike Moffett, Jim Spence  
 Jerry Ellis, Director Emeritus, Ken Jacksteit, Craig Clifton

## WIDOWS & ORPHANS OFFICERS

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Treasurer (SJR) Jerry Ellis	408-730-9974
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## 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)