



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

As you may have read in our last newsletter, the Board of Directors notified a very limited number of members that it would pursue terminating their membership in the Association due to social media activity that is not consistent with the values of our organization. Some of the content had strong racial/religious connotations that do not reflect well on this Association. I have received both

positive and negative responses from the members regarding this topic. It is also clear that some of you do not understand why we took any action at all.

It is important to know that while we have the ability to terminate someone's membership, we contacted the individuals involved and provided them an opportunity to explain their side of the story before we carried out the termination. We've terminated one member at this time and do not foresee taking action on anymore.

Second, some have asked, "why does it matter?" First and foremost, as former public safety officers, we should hold the ideal that we oppose prejudice against others. Further, the Association is engaged in the public advocacy of political candidates and issues, government action as well as charitable work in the community. What people think about our organization matters. Countless members have built the credibility and good name of our Association over several decades. We must guard that jealously.

In practical terms, when we go and meet with members of the City Council to discuss retiree issues, for example, they want to know the values we hold. If there is a belief that our Association tacitly condones, or worse, promotes prejudice or bias, whether it be for someone's race, gender, religion or socio-economic status, they very well may choose not to deal with us.

I've heard the argument that it's "freedom of speech." Well, that's not how the First Amendment works. You have the freedom to speak your mind without fear of prosecution, however, you are responsible for the consequences of your speech. Simply put, if you want to promote any group that advocates for violence, hate, bigotry, etc., you can do so. Just know that this organization will not associate with you if you do.

Finally, it is important for all of you to know that there are nationally funded, organized efforts to scour social media and the Internet to find active and retired law enforcement officers engaging in activity that appears to be racist,

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visit our website at www.retiredsjpoff.org

I'M DEAD. NOW WHAT?



The Association continues to give away this book.

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 if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

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homophobic, misogynistic or that promotes what they call “police violence.” This has happened in several cities. So, truly, think before you post, and understand that a conversation that you think might be between you and your social media friends could end up on the front page of the Mercury News or lead the local nightly news broadcast.

Thank you for your patience as we’ve worked through this issue. It has not been easy on any of us.

HOW TO IMPROVE JOINT HEALTH NATURALLY

by Erica Roth, USA Health Network | Submitted by Walter Bugna, VP of Fire

Joint health is a subject that concerns many adults as they age. Stiff joints that are tender and painful are common in adults and can interfere mobility and independence as you grow older. Poor joint health can be reversed naturally in some cases through a series of lifestyle changes. Following a healthy diet and making a point to be physically active can improve joint health in many people without the need for medications, supplements or surgery.

STEP 1

Improve joint health with gentle, slow movements. Vigorous exercise when you are not accustomed to it, or when your joints hurt, can just make you feel worse. Range-of-motion exercises, including knee bends, neck rotations and shoulder shrugs, take your joints through their natural movements to maintain and increase flexibility and mobility. Increase your workout goals gradually to ensure a steady improvement in function.

STEP 2

Exercise daily to improve joint health naturally. Working out may feel counterintuitive when your joints are stiff and achy, but regular movement is the key to smooth, flexible joints. Warm up and cool down with stretching and slow walking to reduce the risk of injury. Participate in a physical activity you enjoy for at least 20 minutes each day, such as team sports, swimming, jumping rope or walking. Yard work and shoveling snow also counts as exercise.

STEP 3

Balance your intake of omega fatty acids. Omega-3 fights inflammation that can contribute to joint pain, while omega-6 can increase your risk of joint disease and inflammation. Opt for foods rich in omega-3, such as walnuts, salmon, halibut, flaxseed products and tofu. Limit foods high in omega-6, including meat, fried foods, eggs and margarine.

STEP 4

Boost consumption of calcium to protect your bones and improve joint health. Choose low-fat dairy products such as fat-free yogurts, skim milk and low-fat cheeses.

STEP 5

Heap your plate full of fresh vegetables and fruit. Following a mostly plant-based diet can reduce your risk of inflammation and may help you maintain your weight. Excess weight places too much stress on your joints and can cause you to feel stiff and achy. Choose a colorful mix of produce to get a variety of antioxidant vitamins and other nutrients.

CONGRATULATIONS ON YOUR RETIREMENT

KAREN K. ATEN, Police Sergeant, 27.03 years of service.

ROBERT W. BROWN, Battalion Chief, 26.18 years of service.

CHRISTOPHER J.G CROWLEY, Fire Captain, 31.26 years of service.

WILLIAM FOSTER, Police Officer, 27.13 years of service.

ENRIQUE GARCIA JR., Police Sergeant, 28.11 years of service.

KEITH A. KIRMSE, Fire Engineer, 30.52 years of service.

TIM H. PEDEMONTE, Fire Captain, 25.71 years of service.

JEFFREY B. PROFIO, Police Lieutenant, 23.15 years of service.

MICHAEL VAN ELGORT, Deputy Fire Chief, 25.30 years of service.

JOHN A. WARD, Police Officer, 26.30 years of service.

PAUL F. FARINA, Police Officer, 10.61 years of service.

DIANNE C. WINN, Police Officer, 20.26 years of service.



ASSISTANCE TO TRANSITION TO MEDICARE PLANS

Some of you may have experienced a delay in receiving your Medicare cards and in the mail from the Social Security Administration (SSA) and Medicare. The delay is due to the impacts of COVID-19 on SSA/Medicare.

This delay can cause problems for retirees seeking to transition to a Medicare health insurance supplement plan by Retirement Services. Historically, Retirement Services has required retirees to send in a copy of their Medicare card before they would transition/process the retiree into a Medicare health insurance supplement plan. The Medicare card contains your Medicare number, which is integral to the transition process.

Because of the COVID -19 delay, retirement services will now accept a retiree's social security Benefits Verification Letter as opposed to the card. This letter contains the information (i.e., Medicare number) that retirement services needs to transition the retiree into a Medicare supplemental plan.
Process for attaining your SSA Benefits Verification Letter

- Go to the Social Security website <https://www.ssa.gov/> set up an account (if you have not already done so) and log into your account.
- On the right side of the page, click on Replacement Documents.
- In the new window, in the Medicare Card box, in the last line, click "get a benefit verification letter."
- A new window will open that shows a benefit verification letter specific to you inclusive of your medicare number.
- Provide a copy of this letter to your retirement services rep. They will use it to transition you into a medicare supplemental plan.
- When you receive your official medicare card, forward a copy of it to your retirement services rep.



ASSOCIATION SEEKING MEMBERS IMPACTED BY WILDFIRES

As our state is ravaged by fires, the Association wants to be in a position to offer assistance to our members who are impacted personally by the fires.

Some of you may have to evacuate your home for your safety. Some already have. Some of us may lose our homes. Regardless of the impact, it's obvious the impact of these blazes will be severe on Californians. Whether it's needed supplies or lodging for you and your family, we want to help.

Please call Ray Storms at (510) 507-1136 or by email at president@retiredsjpoff.org.

Please let us know if you, or any retired San Jose Police Officer or Firefighter you know, has been significantly affected by the wildfires in the state.

We are all family and we are here to help.



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

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JOIN US FOR OUR NEXT VIRTUAL MEETING

It's not perfect yet, but we're getting the hang of it. Due to the COVID-19 crisis, we've moved all of our Association Meetings to Zoom. It's easy to use. You can join from your computer, tablet or even your phone.

This month we're unlocking the feature to let everyone participate by video if they want to. Meetings have been shorter due to the new format. The major change is, you have to bring your own food. If you want to participate, we will send out email invitations or, if we do not have your email address, email Board Secretary Dale Foster at secretary@retiredsjpoff.org to get on our list. See you on Zoom!

CONDOLENCES

- Arthur "Ray" Dundon, Fire Captain, retired November 1994, died August 18, 2020.
- Philip Croyle, Battalion Chief, retired January 24, 2009, died May 30, 2020.
- Ronald T. Daly, Police Officer, retired December 26, 2009, died July 15, 2020.
- Thomas K. Shigemasa, Assistant Chief of Police, retired January 15, 1998, died June 18, 2020.
- Phyllis Trussler, Police Officer, retired October 1, 1992, died May 1, 2020.
- Roberta (Hendrickson) Farrow, Firefighter, retired January 6, 2005, died August 5, 2020

ASSOCIATION OFFICERS

- Ray Storms, President 510 507-1136
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- John Shuman, VP of Police vpfire@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

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

WIDOWS & ORPHANS OFFICERS

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- 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