



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

APPROACHING NORMALCY

Over the last few months, our lives are slowly returning to some sort of normalcy since the COVID-19 pandemic turned our world upside down. As most of us get vaccinated, and masks come off, we can get back to the smaller things that really make a difference in our lives. Whether it's sharing a meal with friends at a restaurant, attending your granddaughter's ballet recital, or finally hear that real-life sound of a baseball bat

cracking in a stadium, the freedom feels great.

For the Association, it's allowing us to get back to normal. I'm am very excited that our Annual BBQ is on and looking forward to seeing many of you in August. Please go to <http://www.retiredsjpolicefire.org/rsvp/> to RSVP. It looks like our annual Folsom BBQ will be back on, likely in September. Additionally, in-person Association meetings will likely resume soon.



It's also allowed us to restart our community service. In June, we partnered with San Jose District 9 Councilmember Pam Foley to assist her in her "Shredding Day" event in her district. The event offered the public the opportunity to securely shred personal and financial records that were no longer necessary, helping prevent identity theft. Several of our members, led by Association Director Gary Johnson, used their professional expertise to assist with the event logistics (our retired police officers did traffic control!).

As the months roll on, we will seek more partnership opportunities. We will send those out by email. Please look to join us one day to do some good work and to reconnect with old friends.

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.

WELCOME NEW MEMBERS

Mills Ridgway
Shawn Eastman

9 ACTIVITIES FOR SENIORS THIS SUMMER

From VINYARD website | Submitted by Walter Bugna, VP of Fire

1. COOK A FRESH MEAL

Fresh produce tends to be more cost efficient and readily available during the summer. Cooking with fresh fruits and vegetables can provide valuable nutrition to seniors. Additionally, cooking can be therapeutic activity because it allows for a sense of purpose and a creative outlet, according to Psychology Today. For even more freshness in your life, infuse water with fruits and herbs, as a bonus this encourages seniors to stay hydrated.

2. REMINISCE ON THE PAST

Summertime is an excellent time for seniors to review previous summer memories. From days at an amusement park to trips across the country, seniors usually acquire quite a list of memories. Additionally, reminiscing can have benefits for seniors, including better communication and reduced stress.

3. WORK ON A CRAFT

Art therapy provides creative stimulation for aging adults and those living with dementia, according to Dr. Barbara Bagan. Working on a craft can help individuals express their emotions and develop fine motor skills. By producing a product, seniors can also increase their confidence, concentration and motivation. Working with clay in particular also offers significant benefits for aging adults, based on recent research.

4. STAY ACTIVE AND COOL

Swimming and water aerobics help you beat the heat while also staying fit. Water-based summer activities for seniors are usually low-impact and great for individuals with arthritis or stiff joints. Other low-impact exercises include yoga, chair tai chi and balloon volleyball.

5. PLAY GAMES

An extensive scientific study shows that games and other leisure activities can reduce the risk of dementia. If the weather allows, consider playing outside games such as cornhole. For those who desire some quiet time, putting together a puzzle indoors can be an alternative. According to another study, puzzling is helpful for seniors' aging minds and provides a sense of purpose through their accomplishment.

6. WATCH MOVIES

Movies provide an emotional escape and can help take the focus off current ailments. Film therapy also offers a way to relax for those diagnosed with dementia. Allow older adults to choose the movie, but be sure to have several genres of available.

7. READ A BOOK

Reading is a fantastic activity for seniors during any season, but especially during the summer. Aging adults can read while outside in the shade or in inside in the AC. A book club is a fantastic way to encourage both more reading and socialization. Reading might be difficult depending on eyesight or other factors. If so, consider alternatives like audio books or large print versions.

(Continued on Pg. 3)

CONGRATULATIONS ON YOUR RETIREMENT

ERIC M. EASTMAN, Police Officer, 25.50 years of service.

DOUGLAS E. AMARO, Firefighter, 25.89 years of service.

JAROD MIDDLETON, Fire Captain, 25.34 years of service.

KEN MUTO, Police Officer, 25.22 years of service.

THOMAS REID, Fire Engineer, 31.56 years of service.

JARROD M. JESSER, Police Officer, 25.35 years of service.

PHILIP J. MANCINI, Police Officer, 25.73 years of service

BRADLEY ROSSMILLER, Police Officer, 16.98 years of service.

(Continued from Pg. 2)

8. GET OUTSIDE (SAFELY)

While the heat may limit some outdoor activities, it's still important to get outside. Sunlight is a great source of vitamin D, which can help fight osteoporosis, anxiety and depression. Vitamin D also boosts the immune system and improves brain health. Getting outside for even a brief period, should be a priority for all aging adults—especially those fighting memory diseases.

9. ENJOY A COLD TREAT

Summer wouldn't be complete without ice cream! An ice cream social is a great way to engage with others while cooling off with a sweet treat. Further, ice cream might actually have a few health benefits. Just be sure to consider any dietary restrictions before indulging.

FUN AND SAFE SUMMER ACTIVITIES FOR SENIORS

You may feel limited by the high temperatures and extreme weather when planning activities for aging adults. However, there are many safe options available to have fun and stay engaged this summer. Sunscreen, sunglasses and protective clothing will help protect eyes and skin. Additionally, our bodies lose fluids more quickly as the temperature rises. Be sure to drink plenty of water to stay hydrated.



CELEBRATION OF LIFE RICHARD (DICK) WATTENBARGER

A Celebration of Life will be held for retired Deputy Chief Richard Wattenbarger on August 7th at 1200. Chief Wattenbarger started his fire service career in 1962 and was a member of the San Jose Fire Department from 1965 through 1991. This information is being sent as a reminder and to answer questions that have come up since the first message. Thanks to the many that have already responded.

The event will be held at the San Jose Fire Museum, 201 N. Market Street (Old Fire Station 1). A buffet lunch will be held following the scheduled activities.

Parking for the event will be on-street or at the San Pedro Market Parking Garage; 45 N. San Pedro Street, San Jose, CA

If you plan to attend, please RSVP to Paul Schuller at; Schuller343@att.net. Paul will respond back to you with a confirming email. If you don't receive a response, please resend your email. Please include how many in your party will be attending the Celebration, and how many will be attending the Luncheon.

OUR ANNUAL

AUGUST 12, 2021 | 3PM-7PM

COYOTE RANCH

FOOD • FRIENDS • DRINKS

\$5 for members & spouses
\$10 for non-members

Go to retiredsjpolicefire.org/rsvp

The appropriate COVID-19 precautions will be taken based on the regulations in place at the time of the BBQ.

The banner features a central logo with a flame, a grill, and two red-handled forks. The text is arranged in a clear, bold layout with a red and white color scheme against a dark blue background with a decorative border.



ASSOCIATION
OF RETIRED SAN JOSE
**POLICE OFFICERS
& FIREFIGHTERS**

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

Our monthly membership meetings are now held virtually on Zoom due to the COVID-19 pandemic. Please join us for our upcoming meetings. You can join from your computer, tablet or even your phone. Every attendee is automatically entered into a drawing for a \$10 coffee gift certificate card.

Participating is easier than you think, and meetings have been shorter due to the new format. Our next meeting is July 8, 2021, at 11 AM. The login information will be emailed out to all members closer to the actual date of the meeting. If we don't have your email, make sure we do. Email Board Secretary Dale Foster at secretary@retiredsjpoff.org to get on our list. See you on Zoom!

CONDOLENCES

James C. Foley, Fire Engineer, retired September 12, 1992, died April 6, 2021.
Russell Hewitt, Fire Captain, retired October 7, 1987, died April 25, 2021.
Floyd Stewart, Fire Captain, retired September 1, 2010, died July 1, 2020.
Retired SJPD Sgt. Robert M. Browning, Police Sergeant, died June 19, 2021.
William "Bill" Hackett, Fire Fighter, died May 3, 2021.

ASSOCIATION OFFICERS

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John Shuman, VP of Police	vpfire@retiredsjpoff.org
Walter Bugna, VP of Fire	vpfire@retiredsjpoff.org
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DIRECTORS-AT-LARGE

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Ken Jacksteit, Jerry Ellis, Director Emeritus

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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.sjpba.net