



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

As we informed you in last month's newsletter, the Association has formally requested the City of San Jose to extend EAP (Employee Assistance Program) benefits to all retirees. Our effort to move that initiative forward secured major support from the Police & Fire Retirement Board.

At its last meeting, the Board approved a letter to go to the City Council endorsing the concept of extending EAP benefits to retirees. The letter in part states, "the good health and welfare of our members is of deep concern to the Board and has a material impact on the long term financial well-being of the Plan." While the Board does not have authority to extend the benefits itself, it has informed the Council that it will make its resources available to the Council in order to assess and/or implement EAP benefits for our members. You can read the letter below.

DRAFT PROPOSED LETTER TO GO ON P&F LETTERHEAD

Re: Request from Association of Retired San José Police Officers and Firefighters for Inclusion in EAP Benefits After Retirement From Active Service

Honorable Mayor and Members of the City Council:

I serve as Chair of the Board of Administration of the San José Police and Fire Department Retirement Plan (the Plan) and have been directed by the Board to address the attached letter from the Association of Retired San Jose Police Officers and Firefighters. Their letter requests that the City extend Employee Assistance Plan (EAP) benefits to members of the Plan after they retire from active City service.

The Board acknowledges, and conveyed to the Association, that the Board's duty is to administer the Plan and that the design of the benefits under the Plan is a matter within the purview of the City Council. However, the Board does support the Council considering the merits of the Association's request. The good health and welfare of our members is of deep concern to the Board and has a material impact on the long term financial well-being of the Plan. The Board is prepared to provide all relevant information we have in order to assist the Council in considering the Association's request. In addition, we are prepared to waive any conflict of interest issues if the City wishes to engage our independent enrolled actuary, Cheiron, to assist the Council's considerations.

On behalf of the Police and Fire Board, I wish to thank the Mayor and the Council for considering the Association's request. If you have any questions, please direct them to Roberto L. Pena, Chief Executive Officer, Office of Retirement Services, at (408) 794-1050.

Sincerely,

Drew Lanza
Chair, Board of Administration

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.

FINALLY FULL, FINALLY SLIM

Taken from Lisa R. Young, PhD, RDN. Submitted by Walter Bugna, VP of Fire

Lisa Young, a registered dietitian nutritionist and author of "Finally Full, Finally Slim," agrees. Mindful eating and healthy weight loss strategies can coexist, she said, speaking at the Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo. Being mindful during eating includes taking the time to sit down without any distractions, slowing down our pace of eating and tasting our food, explained registered dietitian nutritionist Lisa Stollman, who spoke on a panel with Young. "Doing things like that will help us get healthier and lose weight in a non-dieting way."

Mindful or intuitive eating can also help you ask yourself: "Do I like this food?" or "Am I really hungry?" It can also help you note when you are satisfied. "This ultimately helps you eat a smaller portion and eat less," said Young, who is also an adjunct professor of nutrition at New York University. "You don't just want to lose weight and have an unhealthy relationship with food," Young said. Yes, it's OK to lose weight, while also being positive towards your body and treating yourself well...with kindness and compassion."

HOW TO EAT MORE MINDFULLY:

Fad diets that eliminate food groups can drain you of energy and set you up for a lifetime of yo-yo dieting. Adopting a healthy lifestyle that includes mindful eating can also help you feel better and have more energy -- and is more important than aiming for a specific number on the scale, experts say.

To get started with eating more mindfully, sit down and unplug while you eat. Taste your food and pay attention to whether or not you are enjoying what you are eating. And become aware of when you have had enough to eat. "When we eat mindfully, we tend to keep our portion sizes in check," Young said.

Also, try to eat slowly. The faster a person eats, the more likely it is that he or she will be overweight, Young said. In fact, one recent study found that fast eaters are 42% more likely to be overweight than slow eaters. To help you put the brakes on the pace of your eating, Young recommended using a set of chop sticks. "If you're not accustomed to eating with them, they will slow you down," Young said.

Finally, focus on overall self-care. Becoming more in tune with ourselves and our needs, whether it's more sleep or more exercise, helps us better manage stress and deal with anxiety -- which can lead to a more mindful approach to eating, too. "You'll do less emotional eating and less stress eating ... and this can all help you with your relationship with food, ultimately leading to weight loss," Young said.

CONGRATULATIONS ON YOUR RETIREMENT

JOSEPH CAMPAGNA, Police Officer, 25.63 years of service*

PAUL FONTAINE, Police Sergeant, 25.16* years of service.

ERWIN MARTINEZ, Police Officer, 15.49* years of service.

RAUL MAYORGA, Fire Captain, 32.41* years of service.

PAUL W. STAMM, Fire Engineer, 25.82* years of service..

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

ASSOCIATION OF RETIRED SAN JOSE POLICE OFFICERS & FIREFIGHTERS

CHRISTMAS LUNCHEON 2021

DECEMBER 9, 2021

San Jose P.O.A. Hall
1151 N.4th St., San Jose
11 AM to 3 PM
Doors open at 11 AM
Lunch Served from 12 PM to 1:30 PM

In lieu of a toy drive, we are accepting suggested donations of \$5.00 per attendee to assist the Los Bomberos of Northern California's annual Toy Drive. Donations can be cash or check. Checks can be made payable to AORSJPO&FF.

VOLUNTEERS NEEDED

We are looking for a few volunteers who can assist with decorating the tables the day before the luncheon, Wednesday, December 8 at 10:30 AM.

RSVP

Visit www.retiressjpolicefire.org/christmas-luncheon-2021 to RSVP

To volunteer, contact Ray Storms at
Raystorms@comcast.net



PREP: PRE-RETIREMENT FOR PUBLIC SAFETY PROFESSIONALS

By: Dr. Janet Childs, AAETS Diplomate, Bay Area CISM Team



Attention all Sworn soon-to-be Retired and recently retired....

Have you retired in the last year?
Will you be retired within the next year?
Are you wondering what to expect in retirement??

Please join us for our second Pre-Retirement for Public Safety Professionals course hosted by the Crisis Management Unit and the San Jose Police Officers Association.

THURSDAY, JANUARY 20TH, 2022 - 0900-1500 HOURS

At the San Jose POA 1151 N 4th, St., San Jose, CA 95112

Coffee and breakfast snacks will be provided in the AM.
A light lunch will also be provided.

To RSVP: Please email Officer Dalia Castaneda #4642 at
Dalia.Castaneda@sanjoseca.gov by Thursday, December 23rd, 2021.
Space is limited. See you there!



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

P.O. Box 28041
San Jose, CA 95159-8041

visit our website:
www.retiredsjpoff.org

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ASSOCIATION MEETINGS

There is no Association meeting in December due to the Christmas luncheon (see page 3 for sign up information). Our next meeting will be held on Thursday, January 13, 2022 at 11AM in-person at the SJPOA Hall. Per health orders, masks will be required indoors, except when eating.

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. It's our intent to also host these meetings live as Zoom meetings. Check your emails for updates on the Zoom option.

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
Ken Jacksteit, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

DIRECTORS-AT-LARGE

Don Bartels, Tim Miller, Mike Moffett, Jim Spence,
Gary Johnson, Jerry Ellis, Director Emeritus

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

CONDOLENCES

Melecio Ubarre, Police Officer, Active, died August 7, 2021.