



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

By the time you receive this Newsletter your Board will likely have spoken with all ten Councilmembers and the Mayor about the EAP program for retirees. Please be patient as this is a long process, and we are working diligently on this.

We also have sent out a questionnaire to candidates in the upcoming city elections. For those who are not familiar, our bylaws allow us to only endorse candidates in City of San Jose elections. After the candidates return the questionnaire, we will set up interviews either in person or via Zoom.

At the time of this writing, sixteen Association members passed since the first of the year. I really hope this slows down; too many friends of all ages, going too soon. Please, when you get a chance remember them and cherish everyday with your family, friends and loved ones.

For those of you who sent in your Medicare reimbursement forms you should see it in your April, May or June pension check. The City sends out the form only to those people who qualify. Seven hundred eighty applications were sent out; 600 completed; 180 are outstanding. Some people have already received payment.

I attended the Retirement Board meeting where there was a discussion about taking away pensions of retirees who have been convicted of a felony or treason. The Board is working on creating a policy that provides due process for those involved. The authority for the Board to terminate the pensions of convicted felons has existed since the 1960s, the power of the City to terminate pensions for felons has existed since the 1920s.

There was some clarity provided at the meeting, as the pensioner had to commit the felony or treason prior to retirement. There is no method out there to find out about who, what or when a felony was committed. There are three cases coming before the Retirement board in May or June. The Retirement board has the sole responsibility to take away pensions or lessen retirement benefits. More to come on this and we will keep you informed. That is all for now, enjoy your retirement remember you earned it!

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.

MENTAL STRESS

Article from Future Firefighters.org <http://futurefirefighters.org>

Submitted by Walter Bugna, Vice President of Fire

As with other emergency workers, firefighters may witness traumatic scenes during their careers. They are thus more vulnerable than most people to certain mental health issues such as post-traumatic stress disorder and suicidal thoughts and behaviors.

Among women in the US, the occupations with the highest suicide rates are police and firefighters, with a rate of 14.1 per 100 000, according to the National Center for Injury Prevention and Control.

Chronic stress over time that affect first responders include such symptoms as anxiousness, irritability and nervousness, as well as memory and concentration problems, which can lead to anxiety and depression.

Mental stress can have long-lasting effects on the brain. A 2014 report from the National Fallen Firefighters Foundation found that a fire department is three times more likely to experience a suicide in a given year than a fatality resulting from line-of-duty work. In other words, it's more dangerous simply dealing with the stress of being a career firefighter than actually fighting fires. On-the-job mental stress can also lead to substance abuse and alcohol abuse, as ways of coping with the stress.



RETIREMENT FROM THE FIRE SERVICE: FIVE NEEDS FOR SUCCESS

Excerpt from South San Francisco Professional Firefighters, Local 1507; Jada Hudson

Submitted by Walter Bugna, Vice President of Fire

We found the following article very informative and helpful to current or future police and fire retirees. We provide an excerpt here. For the full article go to this link <https://www.iaff1507.org/retirees-area/> or scan the QR Code next to this article. Retiring from the fire service initiates several large-scale changes in a firefighter's life. Retirees' schedules, relationships, identity, finances, and health all take new shape. On top of all these changes,

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CONGRATULATIONS ON YOUR RETIREMENT

BRIAN P. MCDONALD, Police Officer, 26.07 years of service.

VERNON L. TODD, Police Officer, 25.14 years of service.

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RETIREMENT FROM THE FIRE SERVICE: FIVE NEEDS FOR SUCCESS

and retirees wrestle with traumatic memories, anxiety, insomnia, depression, marital tension, and even cancer diagnoses. So, retirees find themselves juggling some major needs.

Retired firefighters experience the need for belonging and support, reconnection with family, a new sense of purpose, financial organization, and successful aging. If these needs are met in healthy ways, they can help usher in a season of life that is rewarding and satisfying; if they are not adequately met, they can drive retirees toward substance abuse, isolation, aimlessness, or even suicidal ideation.

NEED #1: BELONGING AND SUPPORT

NEED #2: RECONNECTION WITH FAMILY

NEED #3: A NEW SENSE OF PURPOSE

NEED #4: FINANCIAL ORGANIZATION

NEED #5: SUCCESSFUL AGING

Retirees find themselves with more time on their hands than they had when they were working, and this emotional processing can become overwhelming for some. They may feel positive emotions—excitement, freedom, and accomplishment—with regard to retirement. Or, they may feel the negative emotions of ambivalence and sadness regarding the loss of professional identity, the loss of the brotherhood, anxiety, or pessimism.

Their strongest emotions may arise in response to memories. Again, the empty schedule of retirees opens them up to the vulnerability of time, and quietness beckons them to remember. Many may have experienced covert depression for years that they were able to medicate with a busy schedule. Now, with an open schedule, this depression may become inescapable. Their worst memories and experiences may begin to surface, causing insomnia, anxiety, depression, and even post-traumatic stress disorder (PTSD).

Let's take a look at the five major needs retired firefighters have and how retirees can meet them in emotionally well ways that enable them to enjoy their best phase of life yet.

For the full article go to this link <https://www.iaff1507.org/retirees-area/>
or scan the QR Code next to this article.





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

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visit our website:
www.retiredsjpoff.org

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ASSOCIATION MEETINGS

We will return to hosting our monthly membership meetings in-person at the SJPOA Hall.

Join us on Thursday, May 12, 2022, at 11AM for our next meeting. 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.

CONDOLENCES

Retired SJPD Sgt. **Richard A. Confer** #1417 passed away on April 18, 2022.
Retired SJPD Officer **James Leroy** #1267 passed away on Friday, April 15, 2022.
Retired SJPD Lieutenant **Brian Johst** #3237, retired on November 14, 2020, and passed away on April 5, 2022.
Retired SJPD Officer **Richard "Dick" Yuhas** #1365 passed away on April 2, 2022.
Retired SJPD Inspector **Ed Schneickert Jr.** passed away on April 2, 2022.
Retired SJPD Officer **Kenneth J. Garino** #1220 passed away on March 28, 2022.
Association member **Margaret Anna Wisinski** passed away on March 21, 2022. Margaret's husband, Don, retired from the SJFD. He passed away in 1995.

ASSOCIATION OFFICERS

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Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir www.sjba.net