



# The Billy & Spanner

## PRESIDENT'S REPORT

By Ray Storms

Health care is one of the most important benefits we receive as retirees and it can also be one of the most confusing benefits we use. The following are two pieces of quick advice regarding your health care, specifically for those of you who have disability retirements.



Previously I advised the members who have disability retirements to keep up on your doctor appointments on at least an annual basis. After comparing notes with others who have disability retirements, I advise consider moving to check-up appointments every six months.

Additionally, if you plan on moving out of state, you must check on doctors in the area you are moving, especially for Workers' Comp doctors. We have reports of members finding Workers Comp doctors out of state, and difficulty finding Workers Comp doctors who accept California limits. For Workers Comp care, one solution is to work with Intercare and your attorney to locate a doctor. Unlike Anthem and Kaiser, you do not have to live in the area to receive care. You can always come back to see your Disability Doctors.

Finally, if you have a disability retirement, do not use your regular medical insurance (i.e. Anthem or Kaiser) as if they research your injury and tie it back to a disability claim, you may get stuck with the bill.

On another note, the Retirement Board took action on its first case of reducing or eliminating the pension of a retiree convicted of a felony. In this particular case, the retiree's legal counsel negotiated a settlement with the Board that called for the 10% reduction in the retiree's pension which equaled \$647.30. The retiree's future COLA's was not affected and there was no impact on survivor benefits.

Finally, as an FYI, Retirement Services will start a Medicare Part B education course in August (more info to follow).

## UPDATE YOUR CONTACT INFORMATION!

We are in the process of overhauling our entire membership database and could use your help. The Association does not always get your new address when you move, or your email address if you change accounts. To help us better stay in touch with you, we are asking you to take less than 2 minutes and fill out this online form to update your information on file.

Click this link: <https://bit.ly/RetireeUpdate> (digital users) or scan the QR code to update.

## 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](mailto:believe42218@earthlink.net) if you want a copy. Please include your name, current phone and current mailing address in your e-mail.



Update Contact

# HOW EXERCISE CAN BENEFIT MENTAL HEALTH

Article Excerpts from 1907 Foundation  
Submitted by VP of Fire Walter Bugna

If you are a human living in the modern world, you've probably been told countless times about the benefits of exercise for your physical health—including reduced risk of cardiovascular disease, better sleep, healthy weight, etc. While all these things are important, it's often difficult to maintain an exercise routine when you're not in a good place, mental health-wise.

More and more, experts are recognizing the relationship between physical activity and mental health. In fact, in some cases, exercise can even work as well as antidepressant medications. In fact, “a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%.”

## Consider the following benefits and effects of exercise on mental health; the science behind why exercise can benefit your mental health:



Exercise releases endorphins. Endorphins, which are the body's natural feel-good hormones, are helpful in reducing stress and sensations of pain, as well as promoting feelings of positivity.



Exercise promotes growth and connections for nerve cells in the hippocampus, the part of the brain that helps to regulate mood. This, in turn, can help alleviate depressive symptoms because increased nerve cell growth and connection improves our brain functioning and decrease the size of the hippocampus (a smaller hippocampus is linked to fewer depressive symptoms).



Exercise has been shown to help improve concentration and manage the symptoms of ADHD. Physical movement boosts dopamine, norepinephrine, and serotonin levels. Increased levels of each impact focus, attention, and stress levels.



Exercise can help you sleep better and better sleep is directly linked to improved brain functioning during waking hours. Just keep your moderate to high-intensity workouts to the morning or no more than 3 hours before bedtime so that your spiked state does not interfere with your ability to fall asleep.



Exercise serves a distraction that gets people out of their brains and into their bodies. In doing so, it can help individuals focus more on the present moment, rather than fixating on negative thoughts or feelings. This is a key component of mindfulness, which has been shown to be effective in helping people cope with depression and anxiety.

The 1907 Foundation is invested in the advancement of mental health research and innovation. We seek to accelerate knowledge of Causes and Cures for people with mental illnesses via medical research funding and technological innovations.

We support young scientists with big ideas that go straight to the root of mental health issues. We utilize a unique, cutting-edge method for determining funding that is both identity-blind and symptom-blind, enabling our experts to make funding decisions based solely on the science. To help us answer the big questions, consider donating to our research grants or link with us on our socials and spread the word.



Go to <https://www.1907.foundation/> for more information.

## ELECTION ROUND UP

At the time of writing this article, 99% of the ballots in Santa Clara County have been counted. An abysmal 35.66% of registered voters in Santa Clara County cast ballots in the June election.

The Association-backed candidates fared well in the primary. County Supervisor and former San Jose City Councilmember/Vice Mayor Cindy Chavez was the top finisher in the Mayor's race receiving 39.1% of the vote. She will face San Jose Councilmember Matt Mahan in the General Election. Mahan received 32% of the vote. Councilmembers Dev Davis and Raul Peralez came in third and fourth place respectively.

In the District 7 Council race the Association endorsed Councilmember Maya Esparza who secured 47.5% of the vote, while Bien Doan took second place with 28.76% of the vote. The two will square off in November's election.

In the category of "sure things," Association-endorsed candidate Councilmember Pam Foley ran unopposed taking 100% of the vote. Hey, we'll take all the wins we can get.

The Association will be analyzing candidates for the General Election in the other open Council seats in Districts 3 and 5.



CINDY CHAVEZ



MAYA ESPARZA



PAM FOLEY



## PRE-RETIREMENT EMPOWERMENT PROGRAM (PREP) MEETING

The San Jose Police Department Crisis Management Unit is putting on a Pre-Retirement Empowerment Program (PREP)

Thursday, July 21, 2022  
From 0900 to 1500 hours  
At the SJPOA.

This course covers health, wellness, finances and stress reduction.

If any retiree is interested contact:

**OFFICER DALIA CASTANEDA #4642, LMFT**  
**BFO CRISIS MANAGEMENT UNIT**  
**SAN JOSE POLICE DEPARTMENT**  
**201 W MISSION ST., SAN JOSE CA 95110**  
**CELL. 408-409-0006**



**ASSOCIATION BBQ**

[CLICK TO REGISTER](#)



**AUGUST 11, 2022 | 3PM-7PM**

**COYOTE RANCH**  
**FOOD · FRIENDS · DRINKS**

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

Go to [retiredsjpolicefire.org/rsvp](https://retiredsjpolicefire.org/rsvp)

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



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

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

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



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## ASSOCIATION MEETINGS

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

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. If you would like to join by Zoom, the Zoom portion of the meeting will begin at 11:30 AM. Check your emails for access to the Zoom meeting.

### ASSOCIATION OFFICERS

Ray Storms, President	510-507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	408-799-3004 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](http://www.sjba.net)

### CONGRATULATIONS ON YOUR RETIREMENT

**Isidro L. Bagon, Jr.**, Police Sergeant 25.29 years of service. (With Reciprocity - CSJ YOS 21.94 + 3.35 PERS YOS)

**Jeff Lowrimore**, Fire Engineer, 26.40 years of service.

**Charles E. Mathis**, Police Sergeant, 25.38 years of service.

**Stanley C. McFadden**, Deputy Chief, 28.80 years of service.  
**John A. Ureta**, Fire Engineer, 23.39 years of service.

**Stephen J. Corbin**, Police Officer, 13.14\* years of service.  
**Erin D. Fong**, Police Sergeant, 25.45\* years of service. (With Reciprocity - CSJ YOS 20.53 + 4.91 PERS YOS)

**Jason H. Ta**, Police Captain, 25.49\* years of service.

### CONDOLENCES

Retired Fire Captain **Rudolph (Rudy) Cabigas** passed away on June 5, 2022. Rudy retired from SJFD on January 5, 2016. Rudy is survived by his wife, Belinda and Daughter, Katelyn.