



# The Billy & Spanner



## PRESIDENT'S REPORT

By Ray Storms

As a long-time Association member, I always look forward to August, as that is the month we hold our annual BBQ. Over the years, it has become the focal event for staying in touch with old friends, and maybe meeting some new friends, like those "young" new retirees whose knees and backs still work with a minimal amount of moaning.

This year, I'm thankful that we were able to keep the BBQ alive for its 2nd straight year. A trend I hope continues. While we're enjoying some great food and a cold drink this August, however, I'd like for you to keep in mind that as an Association, we have serious issues at play currently.

We continue to work on helping retirees attain EAP benefits for their physical and mental well-being. We've seen new issues such as the pension reduction/elimination laws long on the City's books being enforced. Our concern is not to protect those who commit heinous crimes, rather, it is to ensure there is a fair and legal due process applied to the City's approach. They started with no policy and no process.

And with the stock market's woes, pension costs will once again become relevant. While we hope that the mean-spirited attacks on our well-earned benefits do not return, we cannot take anything for granted.

This is not to scare you, only to help you understand that there are high-stakes issues that come along with the BBQs. We will continue to address those issues vigorously on your behalf.

Enjoy your retirement. You earned it.

## 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.



• 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.

## STAYING BRAIN HEALTHY

Barry Gordon, M.D., Ph.D., Director, Cognitive Neurology/  
Neuropsychology Division, John's Hopkins.  
Submitted by Walter Bugna, VP of Fire

“Memory is just a tiny part of brain functioning, and there’s a lot you can do to protect your brain health,” says Johns Hopkins neurologist.



### 1. Weave heart-pumping exercise into your daily routine.

“A surprising amount of evidence points to this as the No. 1 thing you can do to improve brain health,” Gordon says. In addition to lowering your risk of hypertension and diabetes, improving mood and sleep, and helping with weight control, aerobic exercise may activate certain beneficial genes in the brain. Benefits accrue no matter what age you start, he says.



### 2. Take care of any medical problems.

Diabetes, heart disease, stroke and hypertension are all known to damage brain health. The good news: You can reduce your risk of each of these health conditions—or potentially control them better.



### 3. Get enough sleep, and get help for existing sleep problems.

There’s increasing evidence that sleep disorders can cause problems with mental functions—including memory. Two of the most common sleep zappers: obstructive sleep apnea and stress.



### 4. Review the medications you’re taking with your doctor.

Some drugs, such as sedatives for anxiety, can affect thinking, says Gordon.



### 5. Stay socially engaged.

Challenging your brain by learning new things has many benefits. Even better is pursuing interests that connect you with others. “It’s probably better for brain health to have a conversation over lunch with a friend than to memorize numbers in reverse, for instance,” Gordon says.

## NATIONAL SUICIDE & CRISIS HOTLINE ESTABLISHED

You can now dial “988” to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you’ll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.



Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you’ll connect to mental health professionals with the Lifeline network .

Calls are confidential.

## NEW MEDICARE WORKSHOPS

The Office of Retirement Services has launched a new online educational Medicare Workshop that they are offering quarterly to help teach retirees about Medicare enrollment. This webinar is available to all retirees. In order to attend, retirees must pre-register. Once pre-registered, retirees can watch a recording of the workshop if they are unable to make the scheduled session. Below is an informational flyer. You can click this [link](#) or go to ORS's registration page.



**OFFICE OF RETIREMENT SERVICES**  
**Quarterly Online Medicare Workshops**  
Hosted by Kaiser\*

**AUGUST 3, 2022 @ 10AM**  
**OCTOBER 11, 2022 @ 10AM**  
**JANUARY 11, 2023 @ 10AM**

Learn more about:

Medicare Enrollment Process  
INS100 Medicare Transition Forms  
Kaiser and Anthem Medicare Enrollment Applications

You must pre-register to get the link to join the online workshop.

**[Pre-Register Here!](#)**

A recording of the workshop will be provided to those who pre-register. If you are unable to attend the live workshop, we encourage you to pre-register to receive the recording.

\*This is an informational event open to all members.





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

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

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## ASSOCIATION MEETINGS

No August meeting. Please see Association BBQ flyer on Page 1.

Our next meeting will be on September 8, 2022, at the SJPOA Hall located at 1151 N 4th St, San Jose, CA 95112. If you would like to join by Zoom, the Zoom portion of the meeting.

## CONDOLENCES

Retired SJPD Lieutenant **Norvel Pulliam** passed away on July 23, 2022. Norv was hired on February 4, 1958, and retired on February 7, 1984.

Retired firefighter paramedic **Scott Fey** passed away on July 21, 2022.

Retired SJFD Fire Engineer **Robert (Bobby) Vermillion** passed away on 6-22-2022. He joined the Department on September 15, 1960, and retired on October 5, 1992.

## ASSOCIATION OFFICERS

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## DIRECTORS-AT-LARGE

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## POLICE BENEVOLENT ASSOCIATION OFFICERS

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