



## PRESIDENT'S NOTES

By Ray Storms

I wanted to start this year off the right way, with a little humor as evidenced by my new headshot for the newsletter. It's important we all take time to remember to relax and have fun. Well I hope you all enjoyed all the holidays and the new year brings you much joy and happiness. As for me, I start this new year as your President. I will do my best to provide leadership and continuity in the coming year. We have an excellent

Executive Board and Directors to get the job done. Since I am now President, Walter Bunga has stepped up to Vice President of Fire.

This is an election year, as such we have formed an candidate interview committee: Tim Miller, Walter Bunga and Mike Moffett are on that committee. The seats up for election are City Council districts 1,3,5,7,9 and the Mayor. Currently district 1, 3, 5, and the Mayor are running unopposed. District 7 has 6 candidates, including incumbent Tam Nguyen. District 9, where Councilmember Don Rocha will be leaving due to term limits has 5 candidates. We have not made any endorsements yet and we will let you know who the POA and Local 230 and we endorse as well.

In regards to the over payments that occurred to retiree and were processed this past year, to those of you who have PERS reciprocity the City sent PERS your adjusted final average salary. PERS has sent letters to those of you regarding the over payment. It appears that they give you 3 options for repayment: (1) lump sum (2) payments over a 3 month period or (3) over a 36 month period. Looks like they are not asking for interest. Check with your tax person for what is the best method for you.

Pension Reform is still alive and active at the State level Governor Jerry Brown is taking on a case trying to attack the California Rule concerning vested rights having to do with air-time out of Marin County. Vested rights is a big concern as we have seen with the Tier Two employees. Will try to keep you posted as there are other cases going on also.

We have had a number of members pass the last couple of months and will try to put service announcements in the newsletter in the future when possible, depending on the time notice given. We are able to provide the quickest updates on memorial services via email.

### INSIDE:

- RETIREE WELLNESS
- MEMORIAL SERVICES
- PENSION CASE RULINGSEDED

# PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS

Submitted by Walter Bugna, VP of Fire

## How much physical activity do older adults aged 65 and over need to do to keep healthy?

The amount of physical activity you need to do each week depends on your age and level of health.

To stay healthy or to improve health, older adults need to do two types of physical activity each week: aerobic and muscle-strengthening activity.

Older adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily.

It's recommended that adults aged 65 or older do at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Some activity, however light, is better for your health than none at all - you should aim to do something, no matter what your age, weight, health problems or abilities. You should aim to active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

### What counts as moderate-intensity aerobic activity?

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

#### Examples of activities that require moderate effort for most people include:

- walking fast
- doing water aerobics
- ballroom and line dancing
- riding a bike on level ground or with a few hills
- playing doubles tennis
- pushing a lawn mower
- canoeing
- volleyball

Daily activities such as shopping, cooking or housework don't count towards your daily 30 minutes of moderate-intensity activity. This is because the effort required isn't hard enough to increase your heart rate.

However, it's important to minimize the amount of time you spend sitting watching TV, reading or listening to music. Some activity, however light, is better for your health than none at all.

### What counts as vigorous-intensity aerobic activity?

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath, and you should stop if you feel unwell. The Australian Physical Activity Guide for Older Australians doesn't recommend you exercise to this level, but if you do, it's OK. If you have enjoyed a lifetime of vigorous physical activity, you should carry on doing it in a way that suits you now, provided you stick to recommended safety procedures and guidelines.

### What counts as muscle-strengthening activity?

Muscle-strengthening exercises are counted in repetitions and sets. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. A set is a group of repetitions.

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## PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS *Continued*

For each activity, try to do 8 to 12 repetitions in each set. Try to do at least one set of each muscle-strengthening activity. You'll get even more benefits if you do two or three sets.

To gain health benefits from muscle-strengthening activities, you should do them to the point where you find it hard to complete another repetition.

There are many ways you can strengthen your muscles, whether at home or in the gym.

### Examples of muscle-strengthening activities include:

- carrying or moving heavy loads such as groceries
- activities that involve stepping and jumping such as dancing
- heavy gardening, such as digging or shoveling
- exercises that use your body weight for resistance, such as push-ups or sit-ups
- yoga
- lifting weights

Make a time to do specific strength exercises two or three times a week, and build some of them into your everyday activities.

## MEMORIAL SERVICES



There will be a Memorial for F/F Pete Lovier at Old Station One - San Jose Fire Museum February 9, 2018 - 201 North Market Street, San Jose Corner of Market & St. James, San Jose. Start time: 12 PM



There will be a Memorial for B/C Dan Bourbon at Old Station One - San Jose Fire Museum on January 29, 2018 (Monday) 201 North Market Street, San Jose Corner of Market & St. James, Start time: 1 PM

## A WIN FOR VESTED RIGHTS IN COURT OF APPEALS

A recent appeals court decision found in favor of employee's vested rights in California. The case, which focused on whether the employees in three specific counties have a right to count various pays, such as standby pay, on call pay and "terminal pay" (cash out of unused time) should be counted for calculating pension benefits as the agreements between the unions and the counties stipulated. California's new 2nd tier pension law, referred to as PEPRA, stated that such pays cannot count toward pensions.

The trial court ruled that those pays should be excluded in calculating pension benefits. The appeals court overturned that ruling stating that the employees had a vested right in the calculations. This is a victory for the protection of the vested rights doctrine.

Why does this matter? As various lawsuits wind their way through the courts, the "vested rights" of all retirees is at stake—regardless of the pension system you are in. A loss on vested rights for CALPERS employees will be a loss of vested rights for us. We will stay on top of these court issues and keep you apprised.



Association of Retired San Jose

Police Officers & Firefighters

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[www.retiredsjpoff.org](http://www.retiredsjpoff.org)

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## CALENDAR OF EVENTS

1/31 Holders Country Inn. – Green, 1424b Saratoga Ave. SJ., 408-378-6022

2/7 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400

### 2/8 Association Meeting 1AM to 1PM

at the San Jose P.O.A. Hall 1151 N. 4th St San Jose

2/14 City Diner – Tan, 2951 Monterey Rd., SJ 408-269-5490

### 2/14 Police Benevolent Association, 5PM

at the San Jose POA Hall, 1151 N. 4th St., San Jose

2/21 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030

2/28 Goodies - Wine – Wine, 2201 S. Bascom Ave, Campbell 408-369-1236

3/7 Holders Country Inn. – Green, 1424b Saratoga Ave. SJ., 408-378-6022

### 3/8 Association Meeting 1AM to 1PM

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3/28 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030

## NEW MEMBERS

Enrique Duran

Wei Sun

# The **Billy**&**Spanner**

## ASSOCIATION OFFICERS

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Dale Foster, Secretary

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Larry Samarron, Jr. Treasurer

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## DIRECTORS-AT-LARGE

Mike Alford, Don Bartels, Craig Blank, Pat Boyd, Jerry Ellis, Tim Miller, Mike Moffett, Jim Spence

## WIDOWS & ORPHANS OFFICERS

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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 - David Wysuph, Vice President - Steve Windisch, Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir [www.sjpba.net](http://www.sjpba.net)