



# The Billy & Spanner



## PRESIDENT'S NOTES

By Mike Alford

For those of you who missed it, the Association's Annual BBQ was Thursday August 10th and was very well attended. The food was great and a good time was had by all. A very big thank you to Mike Moffett for putting the event together.

Looking forward, there are two things I want to bring to your attention. The first is a program offered by Kaiser called Silver & Fit: Exercise and Healthy Aging Program. I was contacted by the City Office of Employee Relations for a meeting to learn a little about the program and I think it's something that will benefit the membership. A flyer with a little information will follow this article.

The second issue is Open Enrollment. I know it won't happen for two months or so, but I wanted to give you a heads up for our October meeting. On October 12th, Michelle San Miguel from retirement Services will be at the meeting to cover the available health plans for the upcoming Open Enrollment. Michelle is replacing Carol Bermillo as the health analyst for retirement services.

Lastly, I would like to reach out to those of you who were affected by the FLSA overpayment debacle. I was told by the then assistant director of the Department of Finance that affected members would be able to sit down with someone from Finance and have an individual audit of your payroll so you could see where the error occurred and when. **My request of you is that if you have attempted to contact city finance for a meeting and were ignored or put off please contact me via email.** I want to put together a list of members who have attempted to take advantage of the offer and have been stonewalled so I can take further action on the matter.

### INSIDE:

- PICTURES FROM ANNUAL BBQ
- KAISER HEALTHY & FIT PROGRAM

## OPEN ENROLMENT DISCUSSED AT OCTOBER ASSOCIATION MEETING

At our October 12, 2017 Association Meeting, Michelle San Miguel from Retirement Services will present on the available health plan for Open Enrollment. She will be able to answer any questions you might have with regards to benefit plans or the Open Enrollment process. Please plan on attending if you plan on making changes during this year's Open Enrollment in November. Meeting information is below, and as always, lunch is served.

Association Monthly Meeting

October 12, 2017

11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose

## SAN JOSE FIRE FIGHTERS LOCAL 230 IS ON THE MOVE!



Effective June 13th, 2017, the Union Office will be relocated to Old Fire Station 1, at 201 North Market Street, San José. Parking and the entrance are at the rear of Old Station 1 and can be accessed through the gate on North San Pedro Street. Office phone numbers and office hours will remain unchanged.

## FOR THE GOOD & WELFARE

We've been informed that Gail Krevolt, who served as the timekeeper for the San Jose Fire Department is experiencing serious health issues. She very much would welcome any contacts from her former colleagues and SJFD friends. Her contact information is:

Gail Krevolt  
530-524-5309  
1831 Yahi Lane  
Redding, CA 96002

### 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](mailto:treasurer@retiredsjpoff.org)





# Association of Retired San Jose Police Officers and Firefighters 35th Annual August 2017 BBQ









## GROUP RETIREE BENEFITS | CALIFORNIA

# Silver&Fit® Exercise and Healthy Aging Program



## A new program for your retirees enrolled in a Kaiser Permanente group Medicare health plan

The Silver&Fit Exercise and Healthy Aging Program can help your retirees stay active and thrive. Now offered by Kaiser Permanente, this program lets your retirees choose either:\*



a gym membership

or



a home fitness program

With the gym membership, retirees can select a local club from Silver&Fit's broad network of participating fitness facilities. Where available, this program includes:

- ▶ access to cardiovascular and strength training equipment
- ▶ amenities such as saunas, pools, and whirlpools†
- ▶ Silver&Fit group exercise classes, such as:
  - yoga, Zumba, and tai chi
  - swimming
  - fall prevention
  - strength and cardio training

If retirees prefer to work out at home, the home fitness program includes:

- ▶ healthy aging education materials
- ▶ two home fitness kits each benefit year, with options including:
  - walking
  - Pilates
  - stress management
  - dance

\* The Silver&Fit Program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit, The Silver Slate, and the Silver&Fit Signature Series Classes are federally registered trademarks of ASH. Other names and logos may be trademarks of their respective owners.

† Any additional fees not included.

In California, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply.

### Additional benefits for both programs:

- a resource library with access to online exercise and education tools
- a rewards program for members who track their exercise and activities
- social support and community involvement opportunities
- *The Silver Slate*® quarterly newsletter
- access to **SilverandFit.com**
- toll-free telephone assistance with TTY/TDD option



To learn more about Silver&Fit, contact your Kaiser Permanente account manager or retiree consultant.

[kp.org/medicareforbusiness](http://kp.org/medicareforbusiness)

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 KAISER PERMANENTE®



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

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## CALENDAR OF EVENTS

9/6 Goodies – Wine, 2201 S. Bascom Ave. Campbell 408-369-1236  
9/13 Holders Country Inn. – Green, 1424b Saratoga Ave. SJ., 408-378-6022  
**9/14 Association Meeting, 11AM to 1PM**  
**at the San Jose P.O.A. Hall, 1151 N. 4th St San Jose**  
9/20 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400  
9/20 Police Benevolent Association, 5PM at the San Jose POA Hall, 1151 N. 4th St., San Jose  
9/27 City Diner – Tan, 2951 Monterey Rd., SJ 408-269-5490  
10/4 Burger Pit – Blue, 120 Blossom Hill Rd. SJ 408-225-6030  
10/11 Goodies – Wine, 2201 S. Bascom Ave, Campbell 408-369-1236  
**10/12 Association Meeting, 11AM to 1PM**  
**at the San Jose P.O.A. Hall, 1151 N. 4th St San Jose**  
10/18 Holders Country Inn. – Green, 1424b Saratoga Ave. SJ., 408-378-6022  
10/18 Police Benevolent Association, 5PM  
at the San Jose POA Hall, 1151 N. 4th St., San Jose  
10/25 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400  
11/1 City Diner – Tan, 2951 Monterey Rd., SJ 408-269-5490

## CONDOLENCES

**Retired Firefighter Oliver Anastacio**, born May 10, 1926, retired on August 8, 1982. He passed away on August 15, 2017. Oliver is survived by his wife Drusilla.

## WELCOME NEW MEMBERS

Kenneth Siegel

## ASSOCIATION OFFICERS

Mike Alford, President	<a href="mailto:president@retiredsjpoff.org">president@retiredsjpoff.org</a>
John Shuman, VP of Police	<a href="mailto:vppolice@retiredsjpoff.org">vppolice@retiredsjpoff.org</a>
Ray Storms, VP of Fire	510 507-1136 <a href="mailto:vpfire@retiredsjpoff.org">vpfire@retiredsjpoff.org</a>
Dale Foster, Secretary	<a href="mailto:secretary@retiredsjpoff.org">secretary@retiredsjpoff.org</a>
Larry Samarron, Jr. Treasurer	<a href="mailto:treasurer@retiredsjpoff.org">treasurer@retiredsjpoff.org</a>

## DIRECTORS-AT-LARGE

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

## WIDOWS & ORPHANS OFFICERS

President (COA) Jeremy Wise	831-566-7624
VP (SJA) Larry R. Chua	408-926-2709
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)