



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

As we approach the end of the year, and open enrollment, it's important that if you plan on making any major life changes that you take the time to plan. For example, if you plan on moving out of state, reach out to Retirement Services as soon as possible to find out what medical insurance options will be available to you in the community you are thinking of moving to. Do not assume that if the state you are moving to has a Kaiser facility, that they are part of our network. They may not be, and if they are not, you might have to choose a PPO which could lead to increased costs for you. So, don't get surprised, plan ahead.

At our next meeting, October 11, there will be a presentation on Retiree Health Care Open Enrollment. If you need to, or are thinking of making any health care changes, you should really try to be at the meeting in person. This will allow you to get any questions you might have answered immediately. Also, you'd get the chance to connect with old friends.

Additionally, as we informed you in last month's newsletter and by e-mail, on September 1st the SJPd, along with the rest of the city who had City Adjusters for worker's comp claims, now have Intercare adjusters. We are hopeful that this is a smooth transition. If you are having any problems with Workers Comp bills being sent to you for payment, please contact me. I will work with Jennifer Schembri, Director of Employee Relations and Acting Director of Human Resources, to resolve those issues quickly.

ASSOCIATION ENDORSES MAYA ESPARZA FOR CITY COUNCIL

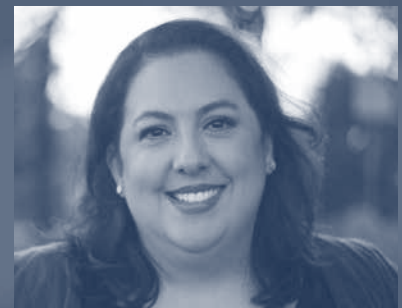
The Association has chosen to endorse Maya Esparza for City Council District 7 in the November election. This is not a decision the Association has taken lightly. Maya is running against incumbent City Councilmember Tam Nguyen. Maya has built a broad coalition of support from business leaders to city councilmembers to organizations that represent public employees including the San Jose POA and the AFL-CIO South Bay Labor Council.

We believe that Maya will be a champion to make public safety a priority in her Council District and the City. We also believe that she values the service of public employees and will respect that service and sacrifice as those employees retire after a career serving San Jose residents.

visit our website at www.retiredsjpoff.org

UPCOMING EVENTS

**Presentation on Retiree Health
Care Open Enrollment
October Membership Meeting
October 11, 2018
11 AM at SJPOA Hall**



Maya Esparza

EIGHT SIMPLE BUT EXCELLENT TIPS FOR HEALTHY LIVING

Submitted by Walter Bugna, Vice President of Fire | Soffer Health Institute

Every year you likely make the vow to be healthier, eat better and to exercise more. Estimates are that over 80% of us give up on our resolutions by January 14th of the New Year. If you want to follow through with your aspirations for better health, there are some steps that you can take to not only look better but to feel better too.

Have a minimum of three different colors on your dinner plate

It is a proven fact that having a rainbow diet is more healthy than eating bland, uninteresting, foods. The reason that a rainbow diet is better for you is because foods rich in antioxidants come in different hues and are often bright and colorful. The more colors you can get on your plate, the more nutrition you are taking in. Try to bring a minimum of three colors to your dinner plate to up your vitamin and mineral intake and to fight against aging and illness.

Drink more water

Hydration is essential for good health. It helps to flush toxins from the body and it helps to keep the skin moist and more youthful looking. Water also helps to energize your muscles, which gives you more energy. For those looking to lose weight, substituting water for sugary drinks can save your calorie count and can also help to make you feel satiated more quickly, so you don't overeat.

Cut out sugar

Sugar is one of the biggest health saboteurs there is. Not only does it provide the body with empty calories, but it also causes spikes in blood sugar that lead to the overproduction of insulin. When eaten in high quantities it can overload the liver and lead to nonalcoholic fatty liver disease. Cutting sugar from your diet can also help to keep you cavity free and to prevent premature tooth decay.

Incorporate both anaerobic and aerobic exercise

To stay healthy and to prevent injury, it is important to get a combination of both anaerobic and aerobic exercise. Cardio exercise is needed for the heart while weight training is required to build lean muscle mass and to optimize your metabolism. The right mix is key to excellent health and weight maintenance.

Eat more fish

Many people have cut fish from their diet due to concerns about mercury. Seafood contains Omega fatty acids, which are essential to good health. Consuming fish is an excellent way to maintain joint health and to minimize the effects of free-radical aging. Choose fish that is farm raised to cut back on mercury contamination.

Switch from red meat to leaner options

Consuming a lot of red meat can be bad for your cholesterol levels, and there is evidence that it can contribute to the risk of certain cancers. Instead of eating red meat choose leaner alternatives like turkey or chicken.

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

Maintain good dental health

When thinking about health, not many consider the importance of dental health. Good dental habits are linked to cardiovascular health and are related to immune problems in the body. Make sure to get regular check-ups and floss daily to maintain your health.

Take a multivitamin

There are a lot of nutrients the body needs that you can't always get from the foods you eat. It is always best to get your nutrition from the foods you eat, but for those times when you can't, supplementation will increase your longevity and overall well-being. It is a fact that free radicals expedite the aging process, taking a vitamin containing antioxidants can help to keep you looking and feeling younger longer.

Making small changes to your daily routine can have a huge impact on your overall health. You don't have to overhaul your world, just make incremental changes that produce huge results.

WIDOWS & ORPHANS ASSOCIATION BENEFICIARY INFORMATION STILL NEEDED!

Submitted by Jerry Ellis, Director

We still need new BENEFICIARY CARDS for the Widows & Orphans Association. We've also added new names below. We previously mailed you the new beneficiary cards. Please, to prevent the beneficiary from missing out on the benefit, mail the BENEFICIARY CARD back now. Failure to send back the card places your beneficiaries at risk. The cost of the benefit is only \$1.00 per month for the \$7500.00 benefit.

We've made some progress, but still need more help. If you are in contact with any of the members listed below, please have them contact Jerry Ellis at 408-730-9974 or jerryellis321@gmail.com.

Linn Bergland
Dave Espinosa
Juan Bautista
Jason Miller
Richard Weiser

Brent Dickinson
Anselmo Perrita
Teresa (Reed) Deloach
Gary Galasso
George Palma

Edward Powell
George Rizzo
Douglas Humphreys
Allison Cabral
Ben Mercado

Eddie Warner
Matthew Smith
Trent Engler



San Jose Fire Museum OLD FIRE STATION ONE OPEN HOUSE FOR FIREFIGHTERS

SATURDAY, OCTOBER 20TH, 2018

Time - 9am to 3pm @ Old Fire Station One
201 North Market Street, San Jose, CA 95110

Attendance - Is free and we extend this invite to you, your family & friends.
Refreshments - A light breakfast & lunch menu will be available.

CONGRATULATIONS ON YOUR RETIREMENTS

JOSE CHAVEZ, Fire Captain, 23.86 years of service.
STEVEN J. MCEWAN, Police Department, 24.11 years of service.
TROY MURPHY, Police Officer, 25.11 years of service.
BRIAN F. O'REGAN, Fire Engineer, 31.29* years of service.

HOA MY TRAN, Police Officer, 25.19* years of service.
MICHAEL WENTLING, Police Sergeant, 25.07* years of service.
WILLIAM A. WOLFE, Police Officer, 26.87* years of service.
NICHOLAS R. GARCIA, Police Officer, 10.05 years of service.
ERIC ROSENGREN, Police Officer, 25.41* years of service.
LAURENCE RYAN, Police Lieutenant, 27.50* years of service.



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

visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

10/3 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ
10/10 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
10/11 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
10/17 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
10/17 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
10/17 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
10/24 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030
10/31 Goodies - Wine 2201 S. Bascom Ave Campbell, 408-369-1236
11/7 Holders Country Inn. - Green, 1424b Saratoga Ave. SJ
11/8 Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose
11/14 Hick'ry Pit – Gray, 980 E. Campbell Ave., Campbell 408-371-2400
11/21 City Diner - Tan 2951 Monterey Rd., San Jose, 408-269-5490
11/21 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
11/28 Burger Pit - Blue, 120 Blossom Hill Rd. San Jose 408-225-6030

WELCOME NEW MEMBERS

Tina D. Perez Graydon Carr
Lloyd W. Kinsworthy Elizabeth Toffey
Steven C. Angel

CONDONENCES

RAUL MARTINEZ, Police Sergeant, retired January 3, 2002, died July 6, 2018.
JAMES P. ROACH, Police Sergeant, retired January 27, 2007, died July 16, 2018.

ASSOCIATION OFFICERS

Ray Storms, President	510 507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	vpfire@retiredsjpoff.org
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

DIRECTORS-AT-LARGE

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

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 - David Wysuph, Vice President - Steve Windisch,
Sec-Treasurer - Larry Lundberg, Sgt at arms - Bob Moir www.sjba.net