



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Regrettably, we canceled the Folsom BBQ due to the Coronavirus. Once the shelter-in-place orders are lifted or modified, we will look at new dates to potentially reschedule the BBQ for this year.

Despite the shelter-in-place orders, the Board still had our April meeting via Zoom. One of the action items from the Board meeting was direction to overhaul our web site. Ginger Greenfield, who has done an excellent job, decided it was time to move on after her dad (Jerry Ellis) left the board. Ginger is assisting in the transition to a new site. Ginger thank you for all you have done for the Association it is greatly appreciated. Please be patient as we move forward on this project.

As I mentioned in my last report, the SJPOA settled its FSLA lawsuit with the City several weeks ago. The City chose to exclude a number of retirees based on the date they retired. We are unsure of the number but it could be up to 100 police retirees. The years 2013-2017 are the years covered in the settlement. Those excluded are anyone who retired before and they retired before 2-22-19. The City miscalculated pay for many employees on OT, Health in Lieu, Specialty Pay and potentially owe back pay. If you are a police retiree who retired before 2-22-19, please email me so we can understand the true scope of the issue and plan potential next steps.

Anthem Delays & Incorrect Information

For those who are having issues with delays in receiving your medical cards, or any other issues, you can contact Anthem in the following ways:

If you need your Member ID, but your card has not arrived yet:

- **Medicare Retirees Call: 1-833-848-8730**
- **Commercial Non-Medicare Call: 1-888-831-2238**
- **Create an account on the Anthem member portal: [anthem.com/ca](https://www.anthem.com/ca)**

If you are not satisfied with the answers provided by Anthem, then call the Office of Retirement Services: 408-794-1000. We are here to help with any issues that may arise.

As always stay safe and enjoy your retirement you earned it!

**MAY ASSOCIATION
MEETING & ANNUAL
FOLSOM BBQ
CANCELED**

**STAY INFORMED!
GIVE US YOUR EMAIL!**

Now more than ever, we need the ability to communicate rapidly with you. If you are not signed up for our e-mail list, please sign up now. Send your information to Dale Foster at secretary@retiredsjpoff.org or sign up directly at <https://lp.constantcontactpages.com/su/9Z5Z154/retirees>

visit our website at www.retiredsjpoff.org

COVID-19 PRECAUTIONS FOR HIGH RISK INDIVIDUALS

Submitted By Walter Bugna, VP of Fire | Adopted from the Center For Disease Control and Prevention

If you are at higher risk for serious illness from COVID-19 because of your age or serious long-term health problems, it is extra important for you to take actions to reduce your risk of getting sick with the disease:

- **Stay home if possible.**
- **Wash your hands** often.
- **Take everyday precautions to keep space between yourself and others** (stay 6 feet away, which is about two arm lengths).
- **Keep away from** people who are sick.
- **Stock up on supplies.**
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your healthcare professional if you have concerns** about COVID-19 and your underlying condition or if you are sick.

Coping with stress

Higher-risk individuals, people who may have issues getting assistance if they become ill, like those experiencing homelessness or people with disabilities all are likely to suffer from increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911. Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)



I'M DEAD. NOW WHAT?

The Association is giving away 100 copies of this book on a first come, first serve basis. 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 if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

DID YOU KNOW? UNDERSTANDING YOUR PENSION PLAN

Understanding investment strategy and the minutia of public pension plans is essentially learning a new language. While more knowledge is always good, you do not need to become a pension expert to have enough knowledge to understand when things are going well for our fund, when things are going poorly and maybe some overall factors to explain why. Periodically, we will share some of the “basics” with you as watching the pension board meetings online is not exactly “Must See TV.”

Investment performance is one of the key factors that drives the financial health of the fund. In basic terms, our pensions are paid for from the contributions of active employees, contributions from the City, and investment returns. As investment results go up, the cost the City pays into the fund could decrease, but the main benefit is it helps meet the obligations of the plan. The Retirement Board sets a “Discount Rate.” In laymen’s terms, this is the investment return target the Board seeks to meet to ensure the Fund can pay its pension obligations. If the Fund managers are able to meet or exceed the discount rate, rates to the City can remain constant or even decrease. If they miss the discount rate, the combined amount of employee and City contributions, plus investment returns may not be enough to pay the bills. When this happens, there is a higher likelihood that the Retirement Board must raise the amount it collects from the City/employees to cover costs.

You might wonder, “how has the fund done over the last 10 years?” Well, we have an answer! The chart below shows you what the discount rate was for each year, the fiscal return (investment results), and the amount the investment returns either exceeded or fell short of the annual goal. Spoiler alert! We used our limited math skills to calculate for you that the combined investment returns over the last ten years totaled 73.8% and overall the Fund exceeded the discount rate by 2.7%. Now, one last interesting fact. The Retirement Board has lowered the discount rate from 7.75% to 6.75% over the last 9 years—meaning the target they were aiming for became progressively lower and lower over time.

Of course, it’s all more complicated than this. However, sometimes it’s good to just read the box scores.

POLICE AND FIRE DISCOUNT RATE HISTORY

YEARS	FISCAL YEAR	10 YR US TREASURY RATE	DISCOUNT RATE	FISCAL YEAR RETURN	EXCESS TO DISCOUNT RATE
	1997	6.51%	8.00%		
1	2010	2.97%	7.75%	13.8%	6.1%
2	2011	3.18%	7.50%	18.1%	10.6%
3	2012	1.67%	7.25 %	-0.5%	-7.8%
4	2013	2.52%	7.125%	9.6%	2.5%
5	2014	2.53%	7.00%	13.5%	6.5%
6	2015	2.35%	7.00 %	-1.0%	-8.0%
7	2016	1.49%	6.875%	-0.6%	-7.5%
8	2017	2.31%	6.875%	9.7%	2.8%
9	2018	2.85%	6.875%	6.9%	0.0%
10	2019	2.01%	6.75%	4.3%	-2.5%

Make sure we have your E-mail Address!

The quickest and most efficient way for us to keep you informed is by e-mail. Make sure we have your updated information by emailing Dale Foster at secretary@retiredsjpoff.org.



Association of Retired San Jose

Police Officers & Firefighters

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visit our website:
www.retiredsjpoff.org

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CALLING ALL RETIRED FIREFIGHTERS: STUDY INVESTIGATING LONG-TERM FIRE EXPOSURE

ELIGIBILITY

- You are a retired firefighter
- You experienced smoke exposure during your career
- You want to help determine the health effects of long-term smoke exposure and associated disease (e.g. asthma, cardiovascular system, cancer, and other diseases)

COMPENSATION

- \$25 gift card for 30 min participation (questionnaire and biosamples)

LOCATIONS

- Group testing across Bay area
- Stanford's Lucile Packard Children's Hospital, Rm 183

TO FIND OUT MORE OR TO SCHEDULE

- Visit <https://studypages.com/s/wildfires-and-health-406033/>
- Or call 310-339-3894 or email esmith53@stanford.edu and prunicki@stanford.edu
- For participant's rights questions, contact 1-866-680-2906

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