



The Billy & Spanner



PRESIDENT'S NOTES

By Ray Storms

Reminder that Eugene Lee from Pacific Advisors will be giving a free class to retirees on Wealth Steps, a financial wellness program that introduces essential personal finance concepts from a unique balance sheet perspective, after the July 11th General Membership Meeting.

There are still plans to go forward with meetings to determine what happened with the FLSA Over/Under

Payments by City Finance. We will keep you posted as those meetings progress. I attended the Benefits Review Forum (BRF) Meeting regarding the Request for Proposals (RFPs) for Health Insurance coverages for Retirees and Actives. As you will recall, the Association has provided input into the process to ensure the interests of retirees are considered. You can read more about this inside the newsletter.

The Mayor requested that the "Retirement Solutions Working Group" be formed. The group will discuss such pension plan topics as: recent actuarial valuations, amortization schedules, discount rate, investment strategies, and the budgetary impacts of retirement costs. It was requested that a representative from the Association of Retired Police Officers and Firefighters serve on this working group. I will attend these meetings as your representative. It is scheduled to begin meeting this Fall.

Dr. McCreesh retired May 23rd this may cause issues as many doctors are no longer doing workers comp cases. Many of you used Dr. McCreesh for your worker's comp cases. He retired May 23rd so be sure to begin your search for a new doctor as soon as possible if needed as there are not many doctors who still handle worker's comp cases.

I have asked Ken Jacksteit, retired from SJPd, to join the Board as a Director and he accepted. I believe he will be a great asset to the Board. Also, due to the retirement of Jerry Ellis from the Board, we will be searching for a new Director. Please contact me if you are interested.

INSIDE:

- Medical Plan Update
- Annual Assoc BBQ
- Wellness Tips

37TH ANNUAL AUGUST 2019 BBQ

Coyote Ranch (just off of Monterey Highway in the Coyote Valley)

When: Thursday, August 8, 2019

Time: 3:00 PM to 7:00 PM

Dinner will be served at 5:00 PM

Cost: \$5 for Members \$10 for couples \$10 for Non-Members

Food Served: BBQ Ribs, Tri-tip & Chicken, Corn on Cob,
Salad, Garlic Bread, Soft Drinks, Beer & Wine

MAKE CHECKS PAYABLE TO

AORSJPO&FF AND SEND TO:

Jerry Ellis

P.O. BOX 28041, SAN JOSE, CA 95159.

KEYS TO AGING WELL (FROM EVERYDAY HEALTH)

Submitted by Walter Bugna, VP of Fire

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older. Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.

CONGRATULATIONS ON YOUR RETIREMENT

JAIME GONZALEZ, Police Sergeant, 27.36* years of service.

TIMOTHY JACKSON, Police Officer, 27.03* years of service.

TEDY V. LACAP, JR., Police Sergeant, 27.76* years of service.

FRED MILLS, Police Sergeant, 26.76* years of service.

DANIEL NAVARRO, Police Officer, 25.95* years of service.

DOUGLAS R. SCHMIDT, Fire Engineer 25.08* years of service (With Reciprocity).

JEANNETTE SIVERTSEN, Police Officer, 26.51* years of service. (With Reciprocity)

RONALD STARKEY, Police Sergeant, 25.01* years of service. (With Reciprocity)

TODD AH YO, Police Officer, 25.03* years of service.

KEN MCCARTHY, Deputy Fire Chief, 22.84* years of service.



CELEBRATION OF LIFE FOR RANDY PEREZ SCHEDULED

A Celebration of Life for retired Fire Engineer Randy Perez has been scheduled for Friday, August 23, 2019. The location will be the Goodguys Car Show (Randy's favorite car show) in the Wine Garden Area. Three of Randy's cars will be on display at the show.

Friday, August 23, 2019

12PM – 4PM (stop by anytime)

Goodguys West Coast

Nationals Car Show (Wine Garden Area)

4501 Pleasanton Avenue

Pleasanton, CA 9456

UPDATE ON MEDICAL PLAN CHANGES

As we informed you in the past, the significant issue with the current medical plan offerings is that Sutter Health Plus has a very limited geographic service area, which particularly affects retirees, leaving retirees who live out of the area having to choose the other City PPO plan. Further, Sutter does not offer Medicare options for retirees over 65-years old, nor does it include many local hospitals in its network, including hospitals in San Jose. Similarly, the Blue Shield PPO plan had significant issues including higher than anticipated claims and that rates sky-rocketed by 30% for 2019 and an additional 30% anticipated for 2020. For pre-65 retirees who do not live in either a Kaiser service area or Sutter service area, this very expensive plan is their only option.

To address this issue, the City, with input from the active unions, our Association and the association that represents Federated retirees, issued an RFP for new plans. The RFP process has concluded, and on June 25, 2019 the City Council approved new options for active employees and retirees.

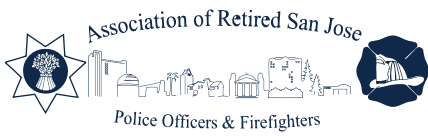
Kaiser will be retained, and Anthem Blue Cross is recommended to take the place of the Sutter and Blue Shield offerings. The rationale for recommending Anthem Blue Cross is that it offered a competitive cost while providing employees and retirees with various plan choice options. Anthem also has one of the largest national networks in the nation, as such, retirees who live out of the area will have more choices for care. We are told that for those who want to maintain their Sutter doctor, there will be PPO options available.

The final rates will be issued in August. Those rates will become effective January 1, 2020. People wanting to change plans will be able to do so during open enrollment in the Fall. We will provide more detailed information shortly. The most rapid way to get additional information is to make sure we have your e-mail address. In the meantime, you can access preliminary rates by downloading the City's memo at this link:

<https://sanjose.legistar.com/View.ashx?M=F&ID=7323387&GUID=B60DBCEF-4971-4887-A7DD-15CD82427C5C>

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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



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visit our website:
www.retiredsjpoff.org

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CALENDAR OF EVENTS

- 7/3 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 7/11 **Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 7/17 Holders – Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 7/17 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 6/17 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 7/24 City Diner – Tan, 2951 Monterey Rd., 408-269-5490
- 7/31 Burger Pit - Blue, 120 Blossom Hill Rd., SJ, 408- 225-6030
- 8/7 Grill'Em – Wine, 2509 S. Bascom Ave., Campbell, 408-371-8729
- 8/8 **Association Meeting 11AM to 1PM at the San Jose P.O.A. Hall 1151 N. 4th St San Jose**
- 8/8 **Annual Assoc. BBQ, Coyote Ranch, 3PM to 7PM**
- 8/14 Holders—Green, 1424b Saratoga Ave. SJ, 408-378-6022
- 8/14 Police Benevolent Association, 5P at the San Jose POA Hall, 1151 N. 4th St., San Jose
- 8/21 Hickory Pit - Gray, 980 E. Campbell Ave., Campbell 408-371-2400
- 8/28 City Diner—Tan, 2951 Monterey Rd., 408-269-5490

CONDONLENCES

- William E. Mattos, Police Officer, retired January 4, 2001, died March 10, 2019.*
- John Mitchell, Police Officer, retired June 22, 2013, died March 27, 2019.*
- Richard M. Struthers, Fire Captain, retired January 1, 1981, died March 30, 2019.*
- Stephen T. Wininger, Police Officer, retired November 25, 2002, died April 13, 2019.*

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

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