



The Billy & Spanner



Rep. Abigail Spanberger
(D-Virginia)

HR 82 – SOCIAL SECURITY FAIRNESS ACT OF 2023

As public employees who contributed to and earned our pensions, we are not eligible for the Social Security Benefits we earned prior to our public service, or the benefits we earn can be substantially reduced. This is known as the “government pension offset” and “windfall elimination” Social Security provisions.



Rep. Garret Graves
(R-Louisiana)

HR 82 – Social Security Fairness Act of 2023 is a bipartisan bill authored by Rep. Abigail Spanberger (D-Virginia) and Rep. Garret Graves (R-Louisiana), that will rescind the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) from the Social Security Act. The Association strongly supports this bill.

Based on our initial research, it appears that the “Government Pension Offset” can reduce public employees’ Social Security spousal or survivor benefits by two-thirds of their public pension and that 9 out of 10 people lose their entire spousal benefit, even if their spouse paid Social Security taxes for many years. If you want to see how this impact on your earned spousal benefits, you can view this Social Security Administration worksheet <https://www.ssa.gov/pubs/EN-05-10007.pdf>

The “Windfall Elimination” means that those workers who paid Social Security taxes long enough to qualify for benefits can have their earned Social Security benefits reduced by up to 60%. If you want to see how the impact on your earned benefits, you can view this Social Security Administration worksheet:

<https://www.ssa.gov/pubs/EN-05-10045.pdf#page=2>

Rep. Abigail Spanberger recently launched a survey to hear from those retirees who receive a pension and have, subsequently, had their Social Security benefits slashed by the WEP and GPO. Please complete the brief survey below to share your experience and to help build support and momentum to pass this important piece of legislation.

You can access the survey here: <https://bit.ly/3LABqbT>

I'M DEAD. NOW WHAT?



The Association continues to give away this book.

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.

WELCOME NEW MEMBERS

- Richard C. De Lisser
- Steven A. Forman
- Jon C. Hartman
- Bryan W. Hodges
- Timothy Lewis
- Robert L. Mcalavey
- Brett J. Myers
- David N. Olmos
- Fernando L. Pedreira
- Mark D. Roberts
- Victor M. Rodriguez
- Obery E. Smith
- Oscar Tovar

HOW TO FIND SMALL MOMENTS OF JOY IN DARK TIMES

By Angela Haupt, Health Time Publication | Submitted by Walter Brugna, VP of Fire

Sometimes the smallest moments of joy are the only ones that feel possible. During these past few years – plagued by political strife, social unrest, and, well, an actual plague – many of us have struggled to even briefly escape morose moods. But experts say that incorporating just a little bit of joy into our lives can disproportionately enhance our wellbeing by reducing the risk of chronic illness, strengthening the immune system and combating stress.



MAKE A JOY BUCKET LIST.

For those inevitable times when everything feels awful, instead of spiraling, turn to a “joy bucket list,” a tally of all the things that make you happy: test-driving fast cars, being spontaneous, sharing new experiences with her family. Make your own, then store it in your phone or another easily accessible place.



MAKE NEW DAILY HABITS YOU LOOK FORWARD TO. Adults with obesity have an increased risk of death, disability, and many diseases. Being or becoming too thin as an older adult can weaken your immune system, increase the risk of bone fracture, and in some cases may be a symptom of disease.



FIND A PALATABLE WAY TO EXPRESS GRATITUDE.

Research has long found that gratitude fuels well-being. But if keeping a gratitude journal isn't your style, think about more creative ways to reflect on and appreciate the good parts of your life - like finding one small thing that's good about every day, even bad ones.



TAKE A SHORT “RECESS”.

Ample research shows even short amounts of physical activity can elevate your mood and cut the risk of depression. Schedule a 5- or 10-minute play session once or twice a day. And whenever that time comes, stop what you're doing and spend a few minutes doing whatever makes you feel good.



LOOK FOR CONNECTION.

When lost in a black hole of gloominess, seek connection. A quick phone call with a loved one is enough to lift you up; so is catching someone's eye on a walk, or mailing a friend a card.

GET YOUR ASSOCIATION POLO SHIRTS NOW!

ANNUAL ASSOCIATION BBQ



August 10, 2023
3 PM to 7 PM



<https://www.retiredspolicefire.org/upcoming-events/annualbbq/>

FOOD DRINKS FRIENDS

Coyote Ranch

\$5 for members & spouses
\$10 for non-members



ANNUAL BOBBY BURROUGHS

FOLSOM BBQ

★ SEPTEMBER 16, 2023 | 11AM ★



FOOD • FRIENDS • DRINKS

LEW HOWARD PAVILLION
7100 BALDWIN DAM ROAD
FOLSOM, CA

MEMBERS FREE. \$5 for spouses and guests.
Go to retiredspolicefire.org/FolsomBBQ

The appropriate COVID-19 precautions will be taken based on the regulations in place at the time of the BBQ.



Folsom BBQ

ASSOCIATION MISSING SEVERAL HUNDRED EMAIL ADDRESSES FOR MEMBERS



We've taken a look at our records and have found that we still have a few hundred members who we do not have email addresses for. If you're not getting emails from the Association now, then we likely do not have your address. We send out two or more a month. Please note we do not get updates from Retirement Services when you move or change email addresses. If you need to update your contact information, please send an email to the Association Board Secretary, Ken Jacksteit at secretary@retiredspjoff.org.

VISIT WEBSITE OR SCAN



Order Polos



ASSOCIATION
OF RETIRED SAN JOSE
**POLICE OFFICERS
& FIREFIGHTERS**

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

visit our website:
www.retiredsjpoff.org

Volume 31
No. 4
April 2023



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OF RETIRED SAN JOSE
**POLICE OFFICERS
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ASSOCIATION MEETINGS

Our next meeting will be on Thursday May 11, at 11 AM at the SJPOA Hall. Lunch begins at 11 AM, and the business portion will begin at 11:30 AM. The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112..

ASSOCIATION OFFICERS

Ray Storms, President	510-507-1136 president@retiredsjpoff.org
John Shuman, VP of Police	vppolice@retiredsjpoff.org
Walter Bugna, VP of Fire	408-799-3004 vpfire@retiredsjpoff.org
Ken Jacksteit, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

DIRECTORS-AT-LARGE

Don Bartels, Tim Miller, , Jim Spence,
Gary Johnson, Jerry Ellis, Director Emeritus

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

POLICE BENEVOLENT ASSOCIATION OFFICERS

President - Ernie Alcantar, Vice President - Curtis Jackson,
Sec-Treasurer - Larry Lundberg, Sgt At Arms - Cindy Bueno | www.sjba.net

CONGRATULATIONS ON YOUR RETIREMENT

Manuel A. Guerrero III, Police Officer, 26.52 years of service.

CONDOLENCES

Retired Fire Captain Joseph Fowles passed away on April 3, 2023.

Retired Firefighter Bill Leavy passed away on March 29, 2023.

Retired Fire Engineer Pete Torres passed away on March 29, 2023.