



The Billy & Spanner



PRESIDENT'S REPORT

By Ray Storms

The final votes are tallied from the elections. You can get a rundown by reading page three. Springtime means it's time to lock in dates for our annual events. Our Annual Coyote BBQ is set for August 8 and the Folsom BBQ is tentatively scheduled for September 14. Be on the lookout for emails from us to reserve your spot.

We've made improvements in the RSVP process since last year's two BBQs. This year you will be able to get a confirmation back and be allowed to change your reservation if circumstances change.

We've also revamped the way you can update your contact information with the Association to make it more efficient for both you and the Association. If you need to update your contact info, visit the "Contact Us" tab on our website (<https://retiredsjpolicefire.org/about-us/>) and click the blue "Update Contact Info" button. Below is a special message from one of our survivors.

SURVIVING SPOUSES

The following is from Maria Wardall, one of the Association's surviving spouses.

With the support, encouragement, and cooperation of our Association of Retired San Jose Police Officers and Firefighters, I'm reaching out to any other surviving spouses who have an interest in meeting, and connecting with each other to form new bonds, support, and friendships.

At this point we are beginning from the aspect of general interest. Most importantly, you don't have to be a member of the Retirees Association. Once this is accomplished more detailed Information will be provided. Please feel free to contact me with your reply or questions by the end of the month.

Thank you,

Maria Wardall
(650) 922-7222
Mariabennett3@aol.com

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.

JUST 30 MINUTES LESS SITTING TIME PER DAY CUTS SENIORS' HIGH BLOOD PRESSURE

By Dennis Thompson, HealthDay Reporter

“Seniors wound up with lower blood pressure after they were coached to get up and move more often, a new study says.

Health coaching successfully reduced sitting time for a group of older adults by just over 30 minutes a day, according to a report published March 27 in the journal JAMA Network Open. Sitting less led to a reduction of nearly 3.5 points in the seniors’ average blood pressure, researchers said.



By comparison, increased physical activity typically leads to an average 4-point reduction in blood pressure and weight loss an average 3-point reduction, they noted.

"Our findings are really promising because sitting less is a change that may be easier for people than increasing physical activity, especially for older adults who are more likely to be living with restrictions like chronic pain or reduced physical function," said lead researcher Dori Rosenberg, a senior scientific investigator at the Kaiser Permanente Washington Research Institute in Seattle.

Older adults typically sit between 65% and 80% of their waking hours, researchers said in background notes. Such sedentary behavior can lead to heart disease and diabetes.

The new study involved 283 seniors ages 60 to 89 covered by Kaiser Permanente’s health system in Washington state. The seniors all received a tabletop standing desk, an activity tracker and 10 health coaching sessions during a six-month period. In these sessions, participants set goals for reducing their time spent sitting. A control group also received health coaching, but focused on areas of health not related to standing or increasing activity.

The pandemic required most of the health coaching sessions to be delivered remotely. Nevertheless, the seniors were able to improve their sitting patterns, and more time on their feet led to better blood pressure.

WELCOME NEW MEMBERS

Herb Campbell, FIRE
John B. Carr, POLICE
Jesus Corona, FIRE
Kenneth Folsom, FIRE
Eugene Y. Ito, POLICE

Keith K. Mizuhara, POLICE
Steven M. Nguyen, FIRE
Jason K. Pierce, POLICE
Aneez Raghavan, POLICE
Thomas J. Troy, POLICE

MARCH 5 PRIMARY ELECTION ROUNDUP

With all the votes finally counted in the March 5 primary election, candidates in four city council races are preparing for runoffs in this November's general election. But first to the winners.

Mayor Mahan easily claimed victory, winning reelection to a four-year term with 86.6% of the vote. And District 4 City Councilmember David Cohen earned another four-year term after winning his reelection with 58.6% of the vote.

November will see runoff elections in four city council districts, as the top two candidates in the March 5 primary square off. In District 2, Joe Lopez, a retired deputy sheriff, faces educator Pamela Campos. In District 6, business owner Michael Mulcahy takes on Olivia Navarro, a city commissioner. In District 8, City Councilmember Domingo Candelas faces SJPD Sergeant Tam Truong. And in District 10, City Councilmember Arjun Batra is squaring off with George Casey, an attorney and former planning commissioner.

The candidates are once again gearing up for the runoff/general election. The general election will be held on Tuesday, November 5, 2024.

ANNUAL ASSOCIATION BBQ

SAVE THE DATE

AUGUST 8, 2024

3 PM TO 7 PM



COYOTE RANCH

**FOOD
DRINKS
FUN**



SCAN TO UPDATE YOUR CONTACT INFORMATION



Scan



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

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visit our website:
www.retiredsjpoff.org

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

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ASSOCIATION MEETINGS

Our next meeting will be on Thursday, April 11, at 11 AM at the SJPOA Hall. Lunch begins at 11 AM, and the business portion of the meeting begins at 11:30 AM. The SJPOA Hall is located at 1151 N. 4th Street, San Jose, CA 95112. The meeting will also be available by Zoom. Check your Association emails for a link to the meeting. The Zoom portion of the meeting will begin at 11:30 AM.

CONDOLENCES

Retired Fire Engineer Merlin W. Dyball died December 1, 2023.
Retired Officer Laurence "Russ" Russell #2137 passed away on December 29, 2023.
Retired Officer Anthony Beckwith #1458 passed away on December 11, 2023.
Retired Firefighter Robert Walls passed away March 8, 2024.
Retired Firefighter Warren Schuller, who passed away March 11, 2024.
Retired SJPd Lt. Rich Saito #1876 passed away March 14, 2024.
Retired Fire Engineer Winsford Wheatley passed away March 25, 2024.

CONGRATULATIONS ON YOUR RETIREMENT

Amalio Gonzalez, Firefighter, 21.97* years of service.
Anthony J. Mata, Chief of Police, 27.57* years of service.
David Betancourt, Fire Engineer, 22.97* years of service.

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
Dale Foster, Secretary	secretary@retiredsjpoff.org
Larry Samarron, Jr. Treasurer	treasurer@retiredsjpoff.org

DIRECTORS-AT-LARGE

Don Bartels, Ken Jacksteit, 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