

SAN JOSE Retired Employees Association

A non-profit association devoted to the welfare of all retired City of San Jose Employees and dedicated to the protection and integrity of the Retirement System

Volume 16, Issue 1

January 2012



From Your President

Looking Ahead/Moving Forward

Edited by Bob Leininger, SJREA President

LOOKING AHEAD/MOVING FORWARD

It's January and time for some New Year's resolutions. The best one I can think of would be the resolution of our pension and medical benefits issues with the City. I am also making my annual resolution to keep my columns under 600 words, but I have always failed and this year will probably be no exception. Too many important issues out there that are hard to summarize in a few words (*maybe if I got made paid for every word under 600!*).

On **Retirement Reform and the proposed ballot measure**, nothing new to report since last month's newsletter, except for timing. The City has informed everyone that any proposals for alternate ballot language must be submitted by mid-February. This would allow for the usual agenda review process and possible City Council final decision to go ahead with a ballot measure at either the February 28th or March 6th Council meeting. March 9th is still the deadline for the City to submit ballot language to the County Registrar for a June 5 General Election.

As we have noted earlier, the December 5th version of the ballot is unacceptable on all 3 issues affecting current retirees: i.e., COLA, SRBR, and Lowest Cost Plan (LCP) definition for medical plans. We are studying our options, getting updated input from our attorneys and are planning a panel-style open discussion at

next month's General Membership meeting (February 2nd). The panel will have legal and Retirement Board representation and will be a great opportunity for retirees to voice their thoughts on strategies with the City. This Board will use our member input in developing a response to the City in time for the above noted City Council meetings.

I am now at about 300 words but still have a couple of messages, including the 2012 **\$25 co-pay medical plans for Medicare retirees**. You are all aware of this change to the so-called **Plan Design**, and for many of you who see a lot of doctors, get numerous tests, etc., the hit to your out-of-pocket costs could be substantial. We have our outside legal counsel reviewing the Municipal Code and general contract and case law to help determine our rights and remedies. Seems that a long-standing course of dealing with retirees that involved a more collaborative approach is worth something. And the fact that the retirees save the City millions each year by signing up for Medicare should be recognized.

Continued on Page 2...

SAVE THE DATES



February 2 Interactive Panel Discussion
March 1 General Membership Meeting
April 5 General Membership Meeting

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FROM YOUR PRESIDENT CONT.

This is definitely “crunch” time for both the retirement reform ballot measure and our medical plans. Your Board of Directors feels that **we need to put a face on the negative impacts of both this unilateral Medical Plan Design change and the Ballot Measure proposals to reduce current retiree benefits (especially the COLA).** The Mayor and the City Council need to hear from the retirees who are most affected by these changes. If you are interested in making a statement, we have a form enclosed in this newsletter that you can fill out and send to us at the Association’s P.O. Box 26515. **You can also call Board Members Anita Phagan, Bev Rettus, or Dorothy McGinley, any of whom can help you complete the form.** We will take care of the logistics of delivery to the City Council.

Please take a few minutes to make your statement. As the saying goes, the squeaky wheel gets the oil. We need look no further than ourselves to see who will stand up for our rights.

I’m now at just under 600 words, so a final note: Board and Officer elections were conducted at the January 5 meeting and I want to thank all of the current members for volunteering for another year. Special thanks to Board Member Maurice Stevenson who was elected 1st Vice President. Maurice has been providing valuable help over the past year with thoughtful input on the pending reform issues and will be of great help over the next year. Bill Thomas has been our 1st Vice President for many years (and also served for over 8 years as our Retirement Board representative). Bill will continue on as a Board Member. Kudos to Bill for his dedicated service to retirees for over 20 years!

See you on February 2nd.

SPEAKER OF THE MONTH
Dr. Virginia Hill, Wellness Chiropractor
“New Year’s Resolutions”

Our speaker for the month of January was Dr. Virginia Hill with Gateway Wellness Center in Los Gatos. Dr. Hill is a wellness chiropractor. Her presentation was on the **Secrets to Permanent Weight Loss.**

She discussed first some of the reasons that losing weight is so difficult to accomplish.

1. Failure to set a specific goal.

2. Acidity and dehydration. Ideally our bodies PH should be in the range of 7.0-7.4, but most Americans are very acidic with a PH factor under 6.5. And virtually 100% of Americans are dehydrated.
3. Inadequate hormone production. Hormone production starts to decrease by age 30 and by age 50, it’s down to 50%.
4. Toxicity and nutritional deficiency.
5. Lack of rigorous exercise.

Then she presented solutions that she has found effective in achieving a permanent weight loss.

1. A water filter/ionizer. This type of unit produces water with a PH of 8.0 and costs much less than bottled water.
2. Bio-Identical hormones. These hormone supplements are identical to the hormones produced naturally in our bodies and are very safe.
3. Nutritional detoxification. This is a program to rid the body of toxins and is customized for each individual.
4. An exercise program that includes both cardio and strength building exercises. The exercise program should incorporate interval training which is a type of physical exercise that involves short bursts of high-intensity work interspersed with periods of low-intensity work.

In the presentation, several of Dr. Hill’s patients offered video testimonials about how her program has helped them. The average weight loss is about 1 pound per day. Yes – 1 lb./day!

Dr. Hill’s approach to permanent weight loss begins with an extensive healthy history. All of the following body functions are evaluated.

- Digestive Health
- Sugar metabolism
- Hormones
- Stress levels
- Blood tests and hormone tests are optional

The weight loss plan offered by Dr. Hill is 100% doctor supervised. It is a completely integrated program that is customized for each patient.

If you are interested in contacting Dr. Hill, you may do so at:

Gateway Wellness Center
 15495 Los Gatos Blvd., Suite 3
 Los Gatos, CA 95032
 (408) 356-4454

FROM THE BOARD OF DIRECTORS2012 OFFICERS

Bob Leininger President	(408) 448-3070 Blein4@gmail.com
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Ed Overton	(408) 859-4162
Anita Phagan	(408) 259-6557
Bev Rettus	(408) 866-9300
Bill Thomas	(408) 268-8791

From the Department of Retirement Service

1737 N. First Street, Ste. 580, San Jose, CA 95112
Phone: (408) 794-1000 or toll free (800) 732-6477
Email: retirement.dept@sanjoseca.gov

RETIREMENTS

John D. Adams, Police Property Supervisor, Police Department, 12/24/2011

John A. Barros, Mechanic, Public Works Department, 12/24/2011

Ann C. Bedard, Senior Office Specialist, Airport Department, 12/31/2011

Manuel Bettencourt, Airport Operations Supervisor, Airport Department, 12/24/2011

Sandy Bouja, Code Enforcement Supervisor, Planning, Building & Code Enforcement Department, 12/31/2011

Rocco Caposelle, Equipment Maintenance Supervisor, Public Works Department, 12/31/2011

Yolanda Diaz, Analyst, Fire Department, 1/21/2012

Eileen F. Ewing, Senior Analyst, Police Department, 1/7/2012

Janet L. Eychner, Analyst, Fire Department, 1/21/2012

Michael R. Garcia, Maintenance Worker I, Parks, Recreation & Neighborhood Services, 12/31/2011

James J. Ham, Senior Accountant, Police Department, 12/24/2011

Michael K. Hannon, Deputy Director, Planning, Building & Code Enforcement Department, 12/30/2011

Michael C. Hsieh, Supervising Inspector, Planning, Building & Code Enforcement Department, 12/24/2011

Yolanda E. Lee, Economic Development Officer, Office of Economic Development, 12/24/2011

Gloria L. Lomibao, Secretary, Airport Department, 12/31/2011

Thomas Manheim, Communications Director, City Manager's Office, 12/22/2011

Ronald E. McLin, Maintenance Assistant, Department of Transportation, 1/7/2012

Stephanie Menzies, Contract Compliance Specialist, Public Works Department, 1/21/2012

Dorene J. Minks, Workers Compensation Claims Adjuster, Human Resources, 12/24/2011

Sandra L. Murillo, Housing Policy Planning Administrator, Housing Department, 12/24/2011

Mary Jo Rosales, Office Specialist II, City Manager's Office, 12/31/2011

Steven J. Waters, Associate Construction Inspector, Department of Transportation, 12/24/2011

Donald T. Zonic, Maintenance Supervisor, Parks, Recreation & Neighborhood Services, 12/24/2011

DEFERRED VESTED

Kiley J. Kinnon, Source Control Technician, Environmental Services Department, 1/8/2012

Bruce D. McDonald, Custodian, Environmental Services Department, 1/17/2012

Jacquelin (Jackie) Nostaja, Supervising Public Safety Dispatcher, Police Department, 12/13/2011

Scott Novak, Senior Communications Technician, Information Technology Department, 1/3/2012

Daniel G. Quintana, Equipment Operator, Parks, Recreation & Neighborhood Services Department, 1/2/2012

CONDOLENCES

Lionel Alfonso, Audio Visual Equipment Technician, retired 12/17/1983, died 12/13/2011

Frank W. Hursh, Senior Latent Print Examiner, retired 8/8/1998, died 12/8/2011

Tennie Mae Ramirez, Secretary, retired 1/6/2001, died 11/29/2011

Beverly C. Shields, Senior Account Clerk, retired 12/3/1994, died 12/11/2011

Lorraine Allan, Senior Typist, retired 7/17/1982, died 1/3/2011

Joan K. Gathers, Typist Clerk II, retired 7/5/1992, died 12/19/2011

Kenneth Hall, Assistant Street & Sewer Maintenance Superintendent, retired 1/6/1979, died 12/25/2011

Diane C. O'Neil, Police Records Clerk, retired 10/1/1986, died 12/6/2011

Gail Tucker, Senior Management Analyst, retired 6/16/1984, died 12/21/2011

He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then, he said with a deep sigh.....

"Let's put all the Corn Flakes back in the box."

When is the Next Leap Year?



The year 2012 is a leap year! A leap year is a year in which one extra day is added at the end of February and consists of 366 days. The extra day, February 29 is the leap day of the leap year and has been associated with age-old traditions, superstitions and folklore.

If you look at a 2012 calendar, you will see that February has five Wednesdays – the month begins and ends on a Wednesday. Between the years 1904 and 2096, leap years that share the same day of week repeat every 26 years. The most recent year in which February comprised of five Wednesdays was in 1964, and the next occurrence will be in 2040.

**ON THE LIGHTER SIDE! :)
By: Bob "Pi" Silverstein**



Best Ever Senior Citizen Joke

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

**PLEASE SEND US
YOUR LETTERS...**



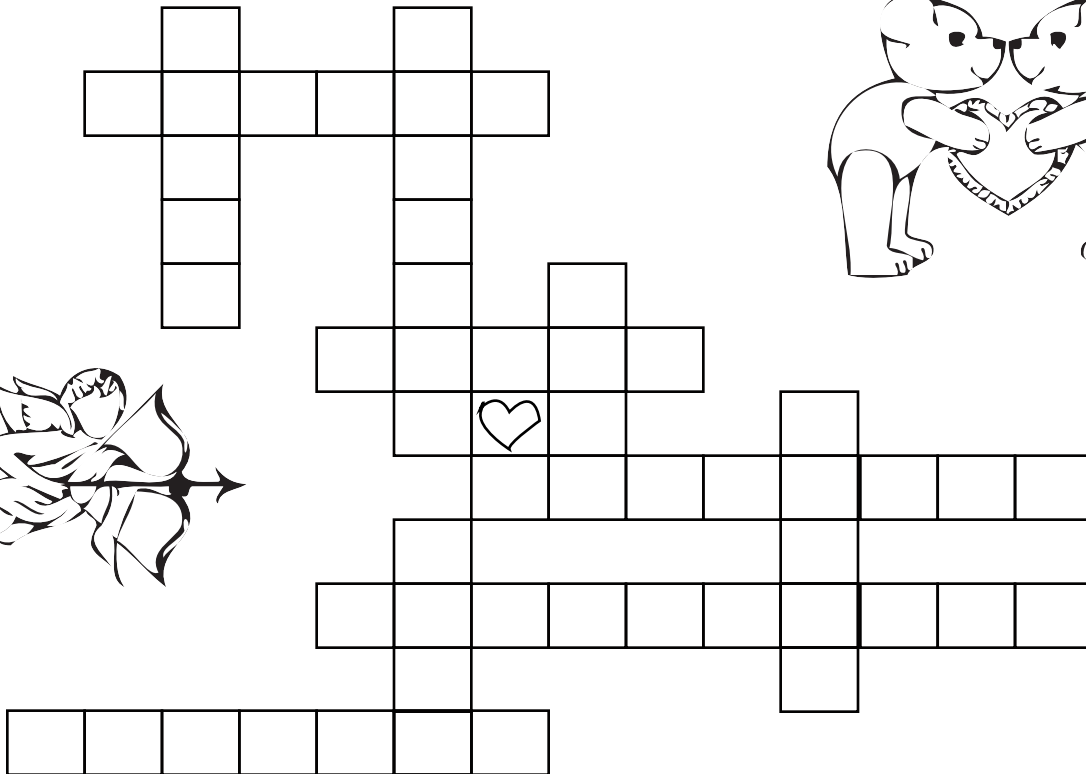
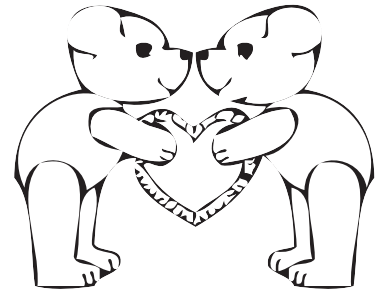
The City Council and City administration have drastically reduced our medical benefits and further reductions to our retirement benefits loom in the future.

SJREA board members have repeatedly made it clear to the City Council and the administration that our members cannot afford increased medical costs and pension cuts without serious damage to their standard of living.

But our voices are not enough. **We need to hear from you.** Enclosed in this Newsletter is a self-addressed form which includes all the pertinent information. Just fill in the blanks. You may include a brief statement about what impact these cuts will have to your financial welfare.

Please mail this form **no later than February 1st OR bring it to the February 2nd general meeting.**

Valentine's Word Search



Find a spot for the words listed in the boxes above.



- VALENTINES
- HAPPY
- FAMILY
- FLOWERS
- ARROW
- CARD
- FEBRUARY
- CUPID
- LOVE
- FRIENDS

Happy New Year 2012

May you get a clean bill of health from your dentist, your cardiologist, your gastroenterologist, your podiatrist, your plumber and the I.R.S.

May your hair, your teeth, your face-life, your abs and your stocks not fall; and may your blood pressure, your cholesterol, your mortgage interest not rise.

May New Year's Eve find you seated around the table, together with your beloved family and cherished friends.

May you find the food better, the environment quieter, the cost much cheaper, and the pleasure more fulfilling than anything else you may ordinarily do that night.

May what you see in the mirror delight you and what others see in you delight them.
May someone love you enough to forgive your faults, be blind to your blemishes, and tell the world about your virtues.

May the telemarketers wait to make their sales calls until you finish dinner, may the commercials on TV not be louder than the program you have been watching, and may your check book and your budget balance – and include generous amounts to charity.

May you remember to say "I Love You" at least once a day to your spouse, your child, your parent, your siblings, but not to your secretary, your nurse, your hairdresser or your tennis instructor.

And may we live in a world of peace and with the awareness of God's love in every sunset, every flower's unfolding petals, every baby's smile, every lover's kiss, and every wonderful, astonishing, miraculous beat of our heart.

Wishing You the Best In 2012



If they are still taking \$2.00 for SJREA membership dues from your pension check, please fill out and mail the form below.

San Jose Retired Employees Association – Membership Form

(X) I authorize the Federated City Employees Retirement System to deduct the approved current monthly rate of \$4.00 from my retirement check for SJREA dues. I understand that this approval would include the deduction of future dues changes from my pension check. Any dues changes would require a vote of the general membership. I also authorize the FCERS to release my mailing address to SJREA. I may terminate my membership at any time by contacting FCERS.

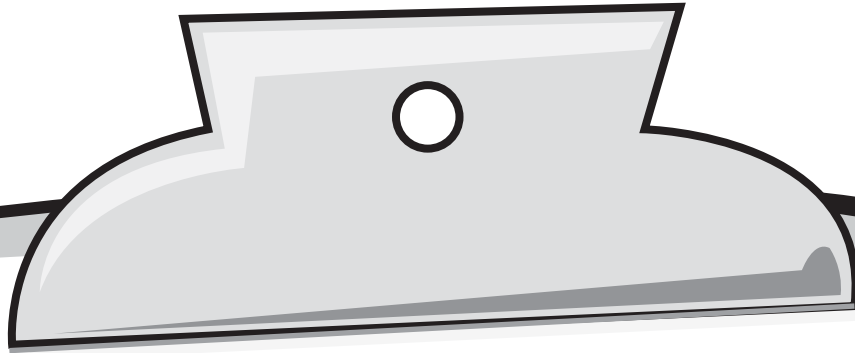
Name: _____ Phone Number _____

Address: _____ Email _____

City _____ State _____ Zip _____

Signature _____ Date of Retirement _____

Tear off and mail to: SJREA, P.O. Box 26515, San Jose, CA. 95159-6515



Visit our website...

www.sjrea.org

LET US HEAR FROM YOU...check out our website www.SJREA.org.
You can download the Newsletter, view upcoming events and links to useful sites.

Save money, save paper! Sign up to receive the newsletter through e-mail.
Sent a note to: newslettersjrea@gmail.com

Calendar of Events

February 2
March 1
April 5

Interactive Panel Discussion
General Membership Meeting
General Membership Meeting

If you change your **e-mail address**, please send to **CSJREA@yahoo.com** and if you change your **mailing address**, send to **sjretirees@aol.com**.

Thanks to Rita Torres and Diana Borrego for providing the refreshments.

Congratulations to Edward Moore and Rosemary Santos
our January Door Prize Winners

Welcome new member Chuck Hagenmaier!



Would you like to submit a story, vacation travels, or special events and have them published in the Newsletter? Please send to Joan Lockwood at joanL49@msn.com or mail to SJREA, P.O. Box 26515, San Jose, CA 95159-6515

SAN JOSÉ RETIRED EMPLOYEES ASSOCIATION
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NEXT MEETING:

FEBRUARY 2, 2012

TIME:

Board Meeting - 9:00 – 10:30 AM
Membership Meeting – 10:30 – 12:30 PM

PLACE:

Leininger Center
1300 Senter Road
\$2.00 parking fee

SPEAKER:

Interactive Panel Discussion

PROGRAM:

Retiree Reform & Medical Plans

____/____/12

Honorable Mayor and City Council
San Jose City Hall
200 E. Santa Clara Street
San Jose, CA 95113-1905

Dear Mayor Reed and Councilmembers:

The reason I am writing to you is to share the impact of your proposed cuts to my pension by way of increasing the medical co-pays and eliminating Cost of Living adjustments and the payout of Supplemental Reserve Benefit annual payments.

Please look at the information I share with you below. Consider the negative impact to the already fragile standard of living for retirees like me and others who have served our city and its citizens faithfully, with expectation that our retirement years would not be in limbo.

NAME (optional) _____

MARITAL STATUS _____

OF YRS RETIRED (OR SURVIVOR OF RETIREE) _____

OF YRS EMPLOYED BY CITY _____

CURRENT AGE _____

MONTHLY CITY PENSION AMOUNT \$ _____

MONTHLY SOCIAL SECURITY AMOUNT (IF APPLICABLE) \$ _____

OTHER MONTHLY RETIREMENT INCOME \$ _____

MEDICAL ISSUES

OTHER COMMENTS/CONCERNS/ISSUES

Thank you for your consideration of my situation, as well as that of other retirees.

cc: SJREA, PO Box 26515
San Jose, CA 95159-6515