



# ~After the Badge~



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## A Message from the Desk of the President

John Schnittgrund

Sorry for being a little tardy with this note. Since the last letter there have been a few issues that have come to the attention of the Association.



The first was the defacement of the Police Memorial at Headquarters. This act of disrespect for the police was compounded by the decision of the Chief not to respond by protecting the monument at the time it was defaced. This single act of disrespect and the non response of the police was the major news story at the time.

The chief and some commanders were quoted in the paper that they were unaware of the intentions of the demonstrators and as such were unable and unprepared to prevent the act from occurring. I believe that very statement is false because there were several members of METRO-SWAT inside the lobby at the time of the defacement. They were prepared but were told to

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## Message from the Board

### 2014 Christmas Dinner

On December 10, 2014 over 140 members and their guests met at the Potenza Lodge, 1900 W. 38<sup>th</sup> St. to celebrate the holidays. The lodge was beautifully decorated and there was ample space for tables and the dance floor. Kathy Tyus hosted a gift table where members donated gifts and purchased tickets to win the various items. The DPRA also gave away several envelopes of cash and prizes. JC and Kathy Tyus also coordinated a program where members brought gifts to be donated to the Christmas Crusade. The dinner was extraordinary.

The Acierno family (long time restaurant owners and police supporters) cooked and served a family style pasta dinner complete with their famous roasted chicken and dessert trays. Refills were plentiful and they even provided take out boxes if guests wanted to bring home a tasty leftover treat.

The festivities began after dinner. The Tony David duet provided vocals and instrumentals for dancing and entertainment during the evening. The Potenza Lodge provided bartenders and the drinks were complementary!

Mark your calendars for next year's event as a "Must Do". Not only was this a great party but the benefit of being able to see other officers and reestablish old and new friendships are priceless.

~Janice Queen



### **The Ship will be boarding... Again!!!**

**T**he next DPRA cruise will be visiting the beautiful Panama Canal in 2016. You won't want to miss the fun and adventure this cruise will bring. Watch for more details.

### **Laughter-The Best Medicine**

**A**n elderly couple was attending church services. About halfway through she leans over and says to her husband. "I just let out a silent fart. What do you think I should do?" He replies, "Put a new battery in your hearing aid."

stand down and allow the act of disrespect to take place. This is the now acceptable, Community Organizer Approach to policing in America.

The fact that it was the citizens of Denver who showed up at the memorial with so many flowers that the attitude of the City Administration seemed to change, slightly. Having citizens express their outrage was not what they expected.

I personally attended the events that followed. It was very disappointing to watch as the PPA tried to flex a muscle that had already atrophied. It appeared as though they were trying to get a point across but few people were listening

There has been some talk of turning our backs on the chief if he speaks at the Memorial Ceremony as a way of showing our disdain for his acts. He is the chief, who made detectives reapply for their jobs and demoted most of the Technicians. He is the chief that forced Team Policing on members of the department and made most of their seniority useless. This chief has done nothing to endear himself to the officers he manages.

This chief will never be popular with the officers who work for him. He seems to want to administrate in a way that is politically correct. Being politically correct will only satisfy those elected officials who simply tolerate us. Being politically correct does not warrant our disrespect. Turning your back on the chief only shows your disrespect for him and that disrespect spills over to the names on the memorial. The Memorial Ceremony is not a place for disrespect. Turning our backs on the chief or Mayor only gives them a platform and takes away from the reason we come to the ceremony. If there is a need to protest I would suggest that you stay away from the ceremony and attend the lunch.

The second issue involves the pension audit being conducted by the City. A very generic letter was sent to retirees. No names and no contact information in the letter. A vague insinuation that some retirees were underpaid and some overpaid was indicated in the letter. There was so much left to the imagination that it was scary. The City has never given us a reason to trust them and it is because of letters such as we just received.

After doing some checking I was able to find out that there has been a lawsuit alleging underpayment filed and the City Attorney has asked for the audit prior to trying to settle the suit. The suit alleges that HR uses a faulty calculation in deciding our benefits. I am relieved that there is



Congratulations to the following members of the Denver Police Department who, after serving with exemplary dedication and pride, have been promoted to the rank of retirement!!

We know you are looking forward to a well deserved and fulfilling retirement. We hope DPRA is included in your plans and you will join us at the DPRA dinners, the Blackhawk trips and all the other new fun things the future will bring.

Welcome to the following retirees:

**Det Thomas Brennan P82087** Served from 1982 to 2015

**Sergeant William Carter P89017** Served from 1989 to 2015



"I GUESS RETIREMENT IS O.K.,  
BUT WHAT I MISS MOST IS GOOFING  
OFF ON COMPANY TIME."

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## Retirement Tidbit Downsizing and Decluttering

By Lynne Mullin

As we discover during our journey through retirement and aging, there are many unexpected life occurrences for which we are not given much time to prepare. Many of us have experienced the loss of friends, perhaps the death or illness of a spouse or parents or our own health crises. Sometimes, we are faced with the need to move from our long-time homes or alter the space in those homes to accommodate our gradual loss of mobility. On the Social Readjustment Rating Scale, only the death of a spouse and a divorce are rated as more stressful for individuals over 60 as moving to a new location. Many of us have reached a point in our lives that signal a need to become less involved with maintaining a large home and the accompanying landscaping responsibilities. We are looking for a way to continue enjoying our retirement years without the burden of increasingly difficult upkeep duties. The answer for some of us is to downsize and simplify our lives or to declutter our living spaces to accommodate a safer and more comfortable environment.

Downsizing usually means we are moving from a larger living space to a smaller one. Downsizing also may imply that we must part with years of accumulated "stuff" that was acquired during our life of managing resources with which to raise our families, enjoy numerous comforts and live our lives as active consumers of the latest gadgets. We routinely purchased items for our homes, our children, ourselves and our pets. Those acquisitions now often mean little to us, but have become clutter in our transitioning lifestyles

Decluttering generally implies getting rid of an excess of accumulated materials. It can be as emotionally difficult as downsizing as many people view getting rid of belongings as an admission that they are no longer capable of actively managing their resources.

Our "things" represent our beliefs and values in our lives. We cling to the materials in our environment to bring us a sense of safety and security. When we are faced with a need to alter that environment, we tend to hang on to what is familiar and comfortable. We may fear the unknown and what will happen to us if we let go of materials in our lifestyle that have been predictable and comfortable. . Clutter in our lives can be a source of stress to us and it can impact our daily functioning. When we are able to let

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# Farewell for Now

**It takes only a minute to say hello and forever to  
say goodbye**

~

## The Widow's Voice

We all wish to thank the Museum for the wonderful dinner at the Applewood Golf Club last month and an evening of reminiscing while looking at several old photos of officers. We want to encourage all retired officers to add their legacy to the Police Museum archives.

The widows all miss Debbie Libonati, she is very special to all of us. Good luck in all your future endeavors Debbie!

The widows meet the second Saturday of the month for lunch. We will continue to meet thru May.

Please call Caire Hesse @ 303-421-5386 if you would like to join the Widows group.

~

We would like to extend our deepest sympathy to the families of our retirees for their great losses:

- **Angie Hays, wife of Retired Officer Manny Hays**, passed away, Friday, February 6, 2015
- **Fred Pastor, 53018**, passed away on January 4, 2015. Fred was a resident of Sun Lakes, Arizona
- **Mary "Millie" DeBell, mother-in-Law of Retired Det. JC Tyus** passed away February 10, 2015
- **Harry Burroughs 61037**, passed away February 1, 2015
- **Bob Phelan, 55013 1955-1987, father of Cmdr. Pat Phelan** passed away February 20, 2015
- **Darleen Brennan, Mother of Retired Det. Tom Brennan** passed away March 8, 2015
- **Maxine Miller, Mother of Retired Det. Glen Miller** passed away March 11, 2015
- **William O'Shea, brother of Retired Deputy Chief John O'Shea and uncle to Retired Sgt. Dave O'Shea-Dawkins** passed away.

**"Remember me and smile, for it's better to  
forget than to remember me and cry."**

~ Dr. Suess

## "Code 7"

**April 6<sup>th</sup> CCW Qualification Day** for Retired Officers

**April 8<sup>th</sup> Piccolos**, 5363 S. Monaco Parkway, Make your reservations now!

**April 11<sup>th</sup> Officer's Ball** – Masquerade Party....Fun Fun Fun

**October 26, 27, 28 Laughlin Annual Reunion.** Mark your calendars now!

~ AFTER THE BADGE ~

go of some of the unnecessary clutter in our lives, we ultimately free ourselves from the things that are no longer working for us.

Most of us own many objects which are emotionally valuable to us as they were acquired as gifts or inheritances from loved ones. We may have stored our mother's beautiful china in our cupboards, or glassware from our grandmother's kitchen. Maybe we have valued pieces of heirloom jewelry that are safely hidden away in a forgotten jewelry case. We may have letters written by our relatives who have left us. One woman has a large cardboard box filled with every greeting card her mother ever received. We sometimes hold onto things to hold onto people who are no longer in our lives. We need to preserve our memories that are precious to us without being overwhelmed by clutter. We do not, however, need to rid ourselves of all of our belongings which are laden with positive memories.

Less does not mean none. Use the china which has provided you with happy memories. Donate your everyday dishware and eat off the plates that mean more to you. Wear the jewelry often instead of waiting for a special occasion and ultimately forgetting that you have it. Sort through the innumerable boxes of old photos. Select the ones that are the most meaningful and transfer them to discs for safe-keeping.

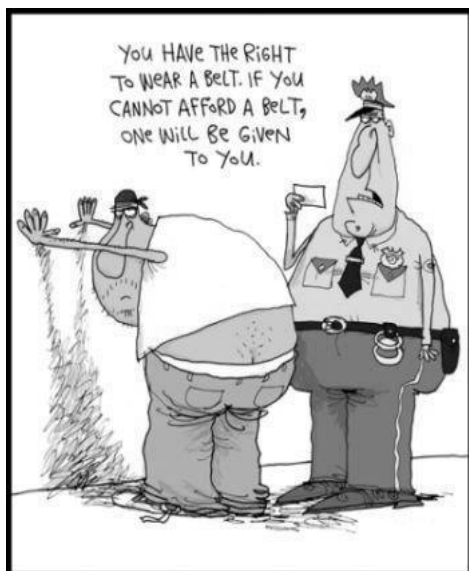
Whose memory is it? Recently, I was assessing the things which inspired the most positive memories of my life. I contacted family members about their interest in inheriting some of those items. I was surprised to find that there was much less interest in things of value to our family history among the younger generation. They were not interested in a complete set of lemonade glasses, but were interested in representative pieces of our past. Sometimes, we need to put our memories in a different perspective and retain those memories in a different way. Taking pictures of a collection and displaying only a part of that collection can be a powerful way of preserving what is important.

Sometimes, people are reluctant to discard objects given to them as a gift. It feels disrespectful to the giver to give away a present. We need to keep in mind the spirit of giving. When we receive a gift, we must thank the giver, but we are not obligated to keep that gift forever. How many things must we retain to keep the memory of someone special? Select a few items, and release the remaining objects to someone who could use them.

We often are reluctant to part with things that were important to us at one point, but no longer serve a purpose in our simplified lives. Select a charity with which you share a mission and donate those things which will be used by others in a meaningful way. Used furniture is always needed by agencies which serve abused women. Remember to donate clothing which is still useable. Items that are in need of many repairs and are not "gently" worn should be discarded.

When you have made a decision to declutter or downsize, focus on a simple question: Will this item enhance my life? Be honest with yourself but don't ignore your separation anxiety entirely. When you have made a decision to donate items, give them to a friend or relative or toss them out, follow through on that decision. Do not keep bags of clothes you have decided to donate in your home to "go through" again. It is less stressful to make a decision and follow through in a timely fashion. Never set aside an entire day to complete your task. We lose our effectiveness after 2-3 hours at a time, and our decisions about the destination for items are more efficient.

Downsizing and decluttering our physical environment requires the ability to let go. This activity is difficult for a generation which has been involved in the acquisition of goods for a lifetime. It is a time, however, to discover for yourself what the most meaningful aspects of your life are. You are making room for the good stuff and for new memories for you and your family. It can be a time for you to spend more time creating your new life and sharing your story which will be passed on through generations.



someone who wants to get it right and maybe it will be an easy resolution.

I was able to convey my disappointment of the lack of communication and was assured that it would be better in the future. We'll see, I'm hopeful.

It was good to see over 200 people at the dinner sponsored by the museum. I guess we now know what the word FREE does to an invitation. The museum is a worthy project and I am hopeful that we can be more involved as the year's progress.



## Fitness

### Exercise for Seniors: Benefits and Risks

- **Reducing Mortality with Exercise**

The older you get, the more you can lower your risk of death or disability by being physically active, compared to sedentary individuals in your age group.

- **Strength Training Can Prevent Age-Related Functional Impairment**

Aging is linked to a decline in muscle mass, which can contribute to problems in motor movements. Approximately 12-25% of men and women 60-65 have reduced grip strength and slower gait, and the number rises to over 40% by age 80. This has a real impact on everyday life: for example, in crossing the street fast enough at crosswalks.

- **Cognitive Decline**

Many large-scale studies have shown that higher levels of physical activity reduce the risk of Alzheimer disease, vascular dementia and all-cause dementia

- **Determining Your Abilities and Risks**

People who are experiencing difficulties with daily activities will generally need to have special exercise counseling To determine your current physical activity capacity, doctors will often ask the following questions:

How much difficulty do you have...

- Walking ½ mile (1 km)?
- Climbing 10 steps?
- Lifting 4.5 kg (10 lbs)
- Reaching for objects?

*(None, a little, moderate, a lot, can't do at all)*

To determine your fall risk, doctors should ask a variety of questions such as your recent fall history and their circumstances. He or she should also determine your visual acuity, inquire into what medications you're taking and any medical conditions that could contribute to falls, and do a careful neuromuscular examination. Your doctor should also test your leg strength, gait, and balance.

# Things you May Not Know About Laughter

By Dr. Mercola

If you want to communicate with someone from across the globe who speaks a different language, all you have to do is *laugh*. Laughter is a form of communication that's universally recognized, which suggests it has deep importance to humankind

It plays a role in your health, too, and has many quirks and mysteries that make it one of the most fascinating physical reactions that a human (and certain other species) can make.

## Laughter Is Good for Your Memory

Researchers at California's Loma Linda University looked into the role that humor can have on your health. They broke 20 older adults into two groups – one that watched funny videos and one that sat silently for 20 minutes. Before and after the session, both groups took a short-term memory test...

The humor group showed significantly more improvement on the test, 43.6 percent compared to 20 percent in the non-humor group. Those in the humor group also had significantly lower levels of the stress hormone cortisol. According to the researchers, laughter represents an enjoyable tool to help counteract age-related memory decline in older adults.

## Laughter Enhances Immunity, Improves Sleep, and More

What else is laughter good for? Research has shown laughter may reduce stress hormones and boost your immune function, while also inducing optimistic feelings. Laughter has demonstrated a wealth of physiological, psychological, social, spiritual, and quality-of-life benefits, such that increasing numbers of health care centers are adopting laughter therapy as a form of complementary care. Opportunities that provide for group laughter, such as laughter yoga and laugh parties, are also becoming increasingly popular around the world. Just a short list of the benefits of laughter therapy is noted below:

Relaxing your muscles	Triggering the release of your body's natural painkillers (endorphins)	Improving sleep
Enhancing creativity and memory	Easing digestion	Enhancing oxygen intake
Improving well-being and positive emotions	Boosting immune function	Improving blood pressure

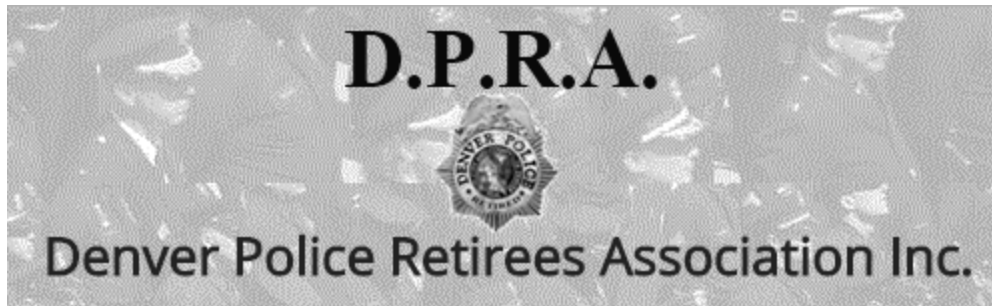
## Laugh Each and Every Day

Children laugh easily and often, but adults may forget to make room for laughter in their daily lives. If you can, incorporate laughter into your daily routine by finding what makes you laugh. Remember that you're more likely to laugh in the company of others, so try to find the humor in life when you're spending time with friends, family, and co-workers.

Some experts even recommend everyone get 15 to 20 minutes of laughter a day, much like you should exercise regularly and eat your vegetables. Keep in mind laughter is contagious.

**"If we couldn't laugh we would all go insane"**

~Robert Frost



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