



~After the Badge~



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A Message from the Desk of the President

John Schnittgrund



It's been a busy summer for me and I hope that your summer has been fun and productive. It seems as though there is never enough time to get everything accomplished even though we are retired.

There is nothing new to report about the Pension Audit that is being conducted by the pension board. I have continued to keep in touch with members of the Pension Board and they continue to assure me that we have nothing to worry about with this audit. The problem seems to be that no one knows what the audit is about or willing to share information about the audit. I will not let this die and will continue to try to get information. I do not believe that there is any reason to worry but the absence of information is a little concerning.

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Message from the Board

The Joy of Not Working

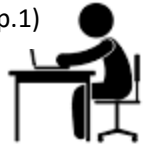


Deb Dilley, 84042

Wow I have been retired for five years! The saying that time flies when you are having fun is so true. I have truly enjoyed my FIRST five years of retirement. It took me some time to get into the swing of retirement (but not too long). So many choices to fill my day. I know that many of you reading this worked longer than my 26 years on the DPD and have been retired longer than I have. Congratulations to you for both feats.

I decided to get involved a "little" in the retiree organization a couple of years ago. When I first retired I was very busy doing things, then after a couple of years and seeing updates on what the retirees were doing I decided to give them a try. I started attending dinners then the monthly meetings. I was a member of the audit committee for a little while then ultimately became a

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

The next DPRAs cruise will be visiting the beautiful Panama Canal in 2017. You won't want to miss the fun, excitement, camaraderie, and adventure this cruise will bring. Watch for more details.

Laughter-The Best Medicine

Policeman: I'm afraid that I'm going to have to lock you up for the night.

Man: What's the charge officer?

Policeman: Oh, there's no charge. It's all part of the service"

Just a thought about the future of this organization. I am pleased that we have been able to bring ourselves into present time. The addition of the web site has been a very positive addition to the organization. The site has made it easier to pay dues and make event reservations. This has resulted in an increase in membership and better attendance at dinners and the picnic.

The Web Site has been improved to include information on a frequent basis giving members much of the information that they now receive by way of e-mail. Mike Mullin has, for years, been the communications arm of the organization. When Mike had his hip replaced this year it caused a gap in the information flow.

We have to be realistic about how information flows to members. There is only one Mike and I don't know of anyone willing to take on and manage the flow of information that Mike has managed over the years. The Web Site, www.dpra.info, is now available to you for any information you might need. I would encourage you to make going to the Web Site a habit.

It is already time for the annual picnic. I am looking forward to seeing old friends and just relaxing with a little BBQ. We have had an eventful couple of years. Many changes for the better have happened and we are always looking to improve.

To get better requires some additional involvement on your part. I would ask any of you wanting to get involved to think about running for a position on the Board. There are a couple of positions open at this time and I can assure you of a rewarding experience. Please give it a thought. See you at the picnic.



Retirement Tidbit Pet Ownership in Retirement

By Lynne Mullen



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:

Raymond Gallardo P81006 Served from 1981 to 2015

Marc Myers P83012 Served from 1983 to 2015

Det. John Lietz P79042 Served from 1979 to 2015

Tery Crawford P86025 Served from 1986 to 2015

Barbara Stewart P79034 Served from 1979 to 2015

Lester Melonakis P79024 Served from 1979 to 2015

Jody Roblez P79062 Served from 1979 to 2015

Lt. Joe Black P79070 Served from 1979 to 2015

Sgt Leonard Mares P90031 Served from 1990 to 2015

Sgt Tim Towne P84037 Served from 1984 to 2015

Lt James Cosgrove P79056 Served from 1979 to 2015

Capt. Joe Pailla P84005 Served from 1984 to 2015

Corp. James Lindel P82057 Served from 1982 to 2015

Sgt. William Chew P78038 Served from 1978 to 2015

Det Michael Simpson P89059 Served from 1989 to 2015

Capt Gerry Whitman P82051 Served from 1982 to 2015

Sgt. John Sullivan P94044 Served from 1994 to 2015

Tech Douglas Church P82045 Served from 1982 to 2015

Roger Schmidt P85022 Served from 1985 to 2015

DC Mary Beth Klee P83013 Served from 1983 to 2015

"Even when I've had a terrible day, I know when I return home, my dog (cat, hamster, bird, ferret) will be waiting for me and will love me unconditionally". Many of us have uttered those words which describe how significant having a pet can be for us. Pet ownership is so important, in fact, that almost 70% of American households include a pet. According to the World Society for the Protection of Animals, the United States is the pet capitol of the world.

One big question looms over pet owners when they approach retirement: Should we have a pet, and if, so, what kind? There are many issues to consider when searching for the answer to this question.

One primary reason for owning a pet is for the companionship pet ownership provides. Many senior retirees live alone, maybe for the first time in their lives. Whether we are alone because of the death of a spouse, the empty nest which follows our children departing to begin their own lives, or by choice, having a pet to talk to, or to watch television with or to just "hang out", helps us to not feel as alone

Pets provide structure and routine. One troubling issue with retirement is that after working so many years in a career that requires us to adhere to an established routine and structure, we find ourselves no longer relying on that system. If we are responsible for a pet, we must provide for their needs and that usually includes living within a routine of feeding, walking, grooming, and socializing.



(Joy of Not Working cont. from p.1)

board member. I attend most dinners and meetings. I am probably the youngest person going to most events and meetings and I hope, and the board hopes, to change that. We need and want more participation, especially from the younger retirees. I understand that you may want to take a little time after you first retire to get accustom to it and get your new life organized, but I hope that you will come to events and perhaps get involved in the board.

The board meets one time per month at the Credit Union on 38th Ave. Our meetings are on the second Tuesday of the month with our dinners being the second Wednesday of the month. The meetings start at 10:00 AM and usually last about 1.5 hours. Some of us then go to lunch together. We do not meet or have dinners during the summer months as many of us are very busy during those months. We host dinners, breakfasts (the 1st Thursday of every month at 9:00AM at Looking Good Restaurant), picnics (August 22, 2015), trips (cruise through the Panama Canal for 2017), bowling groups and have a robust web site with information for retirees (dpra.info). We try to do many activities that will appeal to most people. I hope that you will consider starting to come to events. I would love to see some of my peers at the events.

We need to stick together in retirement as we do at work. We shared an unusual job and can share a brotherhood after the job. I am looking forward to seeing you at our events.
Deb Dilley, 84042



Farewell for Now

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

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



- **Retired Officer Keith C. Mollohan, 70199**, passed away, April 1, 2015
- **Grace Ricker, wife of Norm Ricker, 69019**, passed away April 11, 2015
- **Larry G. Smith, 64013**, passed away April 14, 2015
- **Retired Officer Marsha Walker, 77002**, passed away April 20, 2015
- **Retired Officer Donald C. Imes, 54014**, passed away April 25, 2015
- **Retired Officer James Sipos, 58023**, passed away May 18, 2015.
- **Retired Sgt. Dennis Gerk, 76006**, passed away on May 23, 2015. Dennis resided in Aurora CO
- **Retired Officer Steve Metros, 56009**, passed away June 2, 2015
- **George Allendorf, 70091**, passed away in July
- **Marian Jensen, widow of Lt. Jay R. Jensen**, passed away July 8, 2015
- **Takako Jones, Mother of Officer Henry Jones**, passed away August 8, 2015

~ AFTER THE BADGE ~

Pet owners have a tendency to exercise more as a result of caring for their animal. Dogs generally require walks and meeting their needs for exercise increases our physical activity. There are many other documented health benefits, as well, associated with living with a pet. Numerous studies conducted to gauge the benefits of pet ownership have concluded that blood pressure is generally reduced. The stress associated with aging and retirement is also reduced as a result of caring for an animal and having continual physical contact, such as stroking a cat or petting a dog. A recent study indicated that there is growing evidence that pet ownership, which requires that one moves around more, can also reduce the level of dangerous triglycerides in our bodies, that nasty fat that is associated with stroke and heart disease. Even bending over to fill a water dish or retrieve a ball provides an opportunity to stretch muscles and keep joints healthy.

Many seniors become more socially isolated after retirement. Pet ownership can provide a gateway to meeting new people. Dogs become a conversation- starter when going on a walk with their owner. It is a good way to meet neighbors and others who share a common interest in caring for their pets. Pets can provide new interests in our lives. There are many agencies which will train your pet, both dogs and cats, to become therapy animals. The benefits of helping your animal provide smiles and momentary happiness to those in need is invaluable. The social aspect of taking your dog to a nursing home, hospital, rehabilitation center, school or hospice, is significant. Again, meeting people who share your interest in becoming involved in helping others by sharing a pet provides a healthy antidote to the problem of isolation and loneliness.

Improved mental health is a further benefit of owning a pet. An activity as simple as watching fish glide around their bowl has a calming benefit. Laughing at the antics of a dog or cat at play is therapeutic and provides a means to overcome some of the depression that is so common within the retired population. Pets do sense our moods and we experience a physical relief of depression and sadness when our dog or cat approaches us seeking physical contact.

Personal protection is an important benefit of pet ownership. Police consistently tell us that burglars will not choose a home to enter if they hear the barking of the dog. It doesn't matter if your dog weighs 5 or 100 pounds, most criminals will not want to deal with an animal. They will generally move to the next unprotected setting.

If you are convinced that owning a pet is best for you, there are several factors to evaluate. One of the most important issues to consider is how active and mobile you would like to be. Pets can be very limiting to our activity level, especially if travel is a significant part of our planned retirement agenda. While many airlines now accommodate travel with pets, there are numerous restrictions, including the size of your animal. Some pets are better travelers than others and even if you plan a road trip, finding lodging which will accept your pet can be troublesome, at times.

Choosing a pet according to breed, temperament, age, size and behavior is crucial. Many pet owners assume that a younger pet will provide companionship over a longer period of time. While this is not necessarily factual, other issues pertaining to age are important. Younger dogs require more training and activity on the part of their owner. They may be more physical by running and jumping than a senior may be able to tolerate. Sometimes, older dogs must be relinquished because of health issues experienced by their previous owners, the need to move to a nursing facility, or death. Most dog breeds are represented by rescue organizations specific to that breed. Contacting the rescue group for that breed can often lead you to a calm, senior dog

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(Pet Ownership cont from p. 5)

who will provide the loving companionship you desire.

While routine physical care, such as food, treats and toys, micro-chipping and yearly immunizations may be within the retirement budget, illness and medical emergencies can be quite costly. Many medical diagnostic procedures for pets are very similar to those for humans, and the cost is often extreme. Pet insurance is available but the benefits of each policy vary significantly, and the coverage may not provide substantial financial relief.

The loss of a pet can be a devastating event. Most seniors have experienced the loss of family members and friends which have been very difficult to accept. They may feel that they will not be able to tolerate the sadness they may experience with the passing of a beloved pet. Pets have taken on the role of a significant family member in many households, and their departure is an extremely painful consequence of pet ownership.



1. Banging your head against a wall burns 150 calories an hour.
2. An eagle can kill a young deer and fly away with it.
3. When hippos are upset, their sweat turns red.
4. A flock of crows is known as a murder.
5. "Recycling one glass jar saves enough energy to watch TV for 3 hours.
6. The average woman uses her height in lipstick every 5 years.
7. 29th May is officially "Put a Pillow on Your Fridge Day".
8. Human saliva has a boiling point three times that of regular water.
9. If you lift a kangaroo's tail off the ground it can't hop.
10. Billy goats urinate on their own heads to smell more attractive to females.
11. The person who invented the Frisbee was cremated and made into frisbees after he died!
12. Bin Laden's death was announced on 1st May 2011. Hitler's death was announced on 1st May 1945.



"Retired from DPD...did some security work...now I just bite people as a hobby."

"Code 7"

DENVER POLICE RETIRED ASSOCIATION

- 1st Thursday of each month
Breakfast - Lookin' Good Restaurant
- August 22nd – Summer Picnic,
Prospect Park
- September 16th – Dinner at Lookin'
Good Restaurant
- Laughlin - October 26, 27, and 28,
2015

You're Never Too Old for a Good Laugh WebMD Feature

Sense of Humor Doesn't Fade With Age.

An elderly gentleman and a young whippersnapper walk into a bar. The bartender cracks a wry joke, but only the young one laughs. But a minute later when the young guy slips off his stool, the old guy lets out a howl of laughter.

What gives?

Turns out the older fellow hadn't really lost his sense of humor. He just didn't get the joke and prefers slapstick.

A new study shows that a person's appreciation of humor doesn't necessarily fade with age, but their ability to understand complex forms of humor might as mental abilities decline.

"The good news is that aging does not affect emotional responses to humor -- we'll still enjoy a good laugh when we get the joke," says researcher Prathiba Shammi, PhD, of the Baycrest Center for Geriatric Care in Toronto, in a news release.

But the bad news is that older adults may have a harder time processing complex humor such as irony and satire, which might explain why many older adults prefer slapstick humor.

Mental Ability Fades, Sense of Humor Remains

In the study, researchers compared the responses of 20 healthy older adults (average age 73) to 17 healthy younger adults (average 20) on three separate humor tests: appreciation of humorous verbal statements; joke and story completion; and nonverbal cartoon appreciation.

In the first test, participants had to pick out funny statements, such as a sign in a tailor's shop that read, "Please have a fit upstairs," from among a series of neutral statements like a hotel sign that read, "Visitors are requested to turn off the lights when they leave the room."

Researchers found that the older adults were just as good as their younger counterparts in finding the humorous statements and reacted appropriately with a smile or laugh when they understood the humor.

But older adults made many more errors on the other two tests where they had to select the correct punch line for a joke or find the funny version of a series of cartoons.

The results appear in the *Journal of the International Neuropsychological Society*.

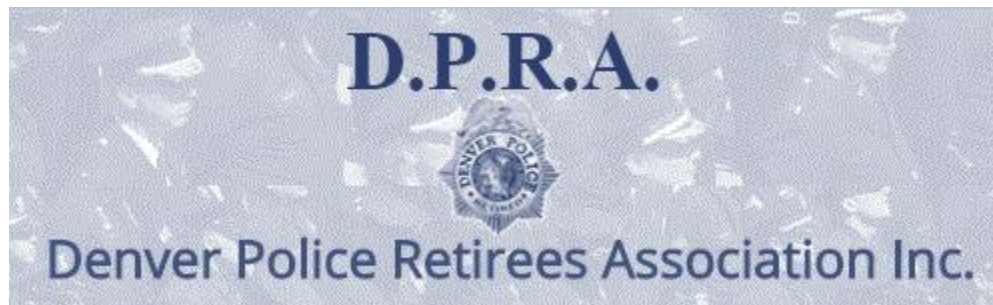
The study also showed that the level of mental decline among the older adults was strongly associated with their ability to comprehend complex humor.

But despite these impairments in understanding certain types of humor, the older adults did not differ from their younger counterparts in their appreciation of humor overall.

Researchers say those findings suggest that a person's sense of humor persists well into old age and may perform an important role in coping with the stresses of aging.

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

~Robert Frost



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