



~ AFTER THE BADGE ~

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## A Message from the Desk of the President John Schnittgrund

This might be the last message of 2014 or the first message of 2015. Good timing for a message about the organization, past and present and maybe a look toward the future.

2014 was my first full year as president. I admit that I had some pretty lofty ambitions at the start. An organization that left the perception that it was not inclusive and did not offer much for the dues paying member was a fact for many of our retired officers. A great many retirees knew the organization only through the DPD Retirees e-mail and to many the e-mail was the Organization.

Our mission is one of furthering a social agenda so that the bonds acquired when we were on

(con't on p.5)

## LETTER FROM THE EDITOR

The end of the year brings a time to reflect on the events of the past year. The beginning of a new year brings anticipation for upcoming events. Here is a quick look in the rear view mirror: the monthly Thursday morning Retirees breakfast's brought rambunctious laughter and good times with old friends. The DPRA diners brought together long time friends not seen for years, speaking about dinners, just to mention a few, there was Piccolos, Cinzetties, and El Alamo Grande. The food was superb but the companionship and laughter of retired officers and their spouses was priceless.

Dinners were not the only activities, there was the Police Memorial where the Denver Police Retirees Assn. presented to Detective Emery Haze's family a memorial plaque dedicated in his memory. June brought a golf tournament with plenty of screwed up putts that friends remind each other of. August brought a softball game and a summer picnic with BBQ food and antique cars...no one can forget the restored 1968 Ford Police Cruiser.

Fall arrived with dinners at Piccolo's, Cinzetties, Looking Good Restaurant, and El Alamo Grande. Ret. Officer Mark Hernandez owns El Alamo Grande and the most heard comment was "this is the BEST Mexican Food I've ever eaten". October took us to the annual reunion in Laughlin NV with the Desert Dwellers from Phoenix for a weekend of gambling, games, and conversation.

The November dinner at the Looking Good Restaurant brought new members and fresh ideas to the DPRA board. Closing up the year was the Christmas Dinner with entertainment at the Potenza Hall, there was home-style food, dancing, friends and fellowship.

In retrospect 2014 was a year of camaraderie, brotherhood, and family. The New Year brings more dinner gatherings, Black Hawk trips and hopefully other exciting events to be determined.

What A wonderful Year we have had!



## Retirement Tidbit

By Lynne Mullen

### Respect and Aging

**D**uring my recent travel to Peru and Machu Picchu, I was overwhelmed by a daily occurrence even more spectacular than the magnificence of the Andes, the Inca Trail and the spectacular historical sites. The respect with which the elderly were treated by nearly everyone was striking and pervasive on every level of Peruvian society. When we arrived at the airport, several elderly people were standing in the lobby appearing confused. A dozen young, middle-aged and other older individuals rushed to their assistance and helped them to the front of the line of a departing plane. The only complaints to their activity were from Americans and Canadians in my group who were also ready to depart to another city. These tourists complained that “those people” did not deserve a premium spot in line and asked that they be removed to the back of our group. It was an astonishing sight-the elderly being respected by one faction and admonished by a group of tourists, who were visitors to this culture.

Although this trip was one of daily hikes and extreme physical activity, culminating in walking the Inca Trail, I was continually interacting with the residents of each community we visited. Throughout the three weeks I travelled to many parts of Peru, I consistently observed the extreme respect shown to the elderly. I spoke with people from very sophisticated and urban Lima, to indigenous descendants of the Incas, the Quechuan and other natives living in Andean villages. I was interested in learning how generations interacted with each other. Nearly everyone I spoke with described their elderly relatives with reverence. I learned that most of the native people do not keep track of their age, but 60 is considered elderly. When I disclosed to our guides on the Inca Trail that I was much older than 60, I was met with touching responses which were all related to my status as an “elder”. The guides stayed close to me on the narrow and steep sections of the trail and they offered to carry my backpack on the ascent of the 358 stairs to the top of the Sun Gate.

There is a vast difference in how the elderly are treated in their societies. In many parts of the world, seniors are cared for in the homes of their children. In America, that living situation plays out in fewer and fewer families. We are a mobile society, and many children do not live near their aging parents. A definite need exists for care in a nursing or assisted living facility.

(cont. on p.4)

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 in the DPRA dinners, the Blackhawk trips and all the other new fun things the future will bring.

Welcome to the following retirees:

**Lt. David Shear P86038** Served from 1986 to 2014

**Sergeant Richard Killough P79045** Served from 1979 to 2014

**Lt. Catherine Davis P83001** Served from 1983 to 2014

**Monarae Hobart P86010** Served from 1986 to 2014

**Lt. Ronald Cober P83005** Served from 1983 to 2014

**Det. Bernard Montoya P78008** Served from 1978 to 2014

**Det. Mark Woodward 75066** Served from 1975 to 2014

**Kenneth Laurita 83011** Served from 1983 to 2014

**Captain Tracie Keesee P89055** Served from 1989 to 2015

**Civ. Debbie Libonaiti,** Debi worked in the Chief's office and Homicide Unit.



# Farewell For Now

## The Widow's Voice

This column was previously written by Debi Libonati of the Widow's Organization. Debi did a wonderful job with this much needed column but has recently stepped down

Are there any Volunteers that would like to contribute to this article?  
Please Contact Barb Miller 303-973-6104

## "Code 7"

### DENVER POLICE RETIRED ASSOCIATION

- Gambling starts in February with Bus Trips to Blackhawk ....more details to follow
- Denver Police Museum sponsored dinner in March.
- DPRA Dinners will be on the 2<sup>nd</sup> Wednesday of the month
- Roster Books will be available this March

## 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:

Since we last published the DPRA newsletter the following Officers and family members have left us.

**Richard M. Scofield 64027**, served from 1964-1989, passed away September 5, 2014

**Orlando Medina, father of Officer Robert Medina, 98012-Airport K-9 Unit**, passed away on Saturday September 6, 2014

**Kathleen L. Metzler wife of deceased Retired DPD Detective Wilbert (Willie)**, Mother of Retired DPD Officer David 69025 and daughter Detective Loretta passed away Sept 6, 2014

**Ret Officer Michael Allegretto 48-22**, served 1947-1973, passed away September 9, 2014

**Ret. Lt. E. Cecil Murphy 50025**, served from 1950-1978, passed away Sept. 13, 2014

**Floyd Boston 63-23**, served 1963-1988, passed away on Friday, September 19, 2014

**Ret. Traffic Bureau Captain James Powers 46036** passed on October 19, 2014. Capt. Powers served from 1946-1972.

**Mike Van Nurden 69077 S.C.A.T. Unit and Detective in the Juvenile Unit** passed away October 30, 2014

**Susie Gallagher, wife of Ret. Capt Brian D. Gallagher**, passed away on November 2, 2014

**Ciara M. Webb**, beloved daughter of former officer Joseph Webb passed away November 15, 2014

**Shirley Hailpern, wife of Retiree Don Hailpern 52007**, passed away on Monday, Novmber 17th.

**Bob Brath 65025**, served 1960-1996 passed away November 21, 2014 in Titusville, FL. Bob's wife, Kathleen R. Brath, passed away September 8, 2014.

**Cecilia "Cece" Valdez, wife of Ret. Officer Al Valdez 57002**, passed away Wednesday November 22, 2014.

**Dean A. Wood 69107**, served from 1969-1999, passed away Nov. 27, 2014

**Anthony D. DePinto 63018**, served from 1963-1997 passed away on December 5, 2014.

## Gone but Not Forgotten

In many cultures, however, a great deal of shame is attached to families who place the care of their elderly into the hands of strangers. Seniors are often seen as a burden in our culture, and there is a growing concern that seniors are draining the resources of the country with their needs.

Laws exist in many Asian countries regarding the responsibilities of children to participate in the lives of elderly parents. Failure to visit parents who do not live with their adult children is punishable by strict fines or jail time in China. In France, the French Civil Code was passed in 2004 and requires adult children keep in touch with their aging parents. This law was passed as an attempt to stop the rising suicide rate among French elders who were ignored by their children.

Jared Diamond, a professor of geography and physiology at UCLA, has written numerous books regarding the treatment of the elderly among a variety of cultures. He has carefully researched the American standard of perceiving what it is to become elderly in American and how we deal with the elderly as contrasted with the treatment the elderly receive in other cultures.

One of the problems identified by Dr. Diamond is that there are numerous conflicts of interest between the young and the old. We have become a culture of youth and we appear to place more and more emphasis on the values of independence, individualism and self-reliance. Elderly people lose these traits, and when they are no longer working, they have lost their value to society. When we eventually retire, we also often lose the social relationships which are so important to all of us. We become isolated and alone and are no longer a societal priority.

Modern medicine has been able to detect illnesses earlier and treat these conditions more effectively than previously. We are living longer, but it appears that the quality of those longer years has not increased.

Modern technology has also taken a great toll on the ability of elders in our society to feel a sense of importance. The things that the elderly understood

have become outdated. Mobile phones, the size of a small phone book, gave way to flip-top mobile phones. Those are now obsolete and the SmartPhones have taken their place. We no longer consult the elderly about commonplace issues. We plug into our computers to consult the internet. Historically, our senior citizens were the experts in family relationships, farming endeavors, child care and family resources. Their expertise and wisdom is no longer valued.

The elderly are often the butt of jokes in our society. Their importance is frequently discounted and they are seldom consulted as to routine matters. In many other cultures, however, the memories of old people are revered. Even though they can no longer perform tasks of younger generations, they are able to advise others and function as an important resource of traditional information.

Steps can be taken by all of us to improve the lives of the elderly. Perhaps, understanding that we all will be advancing in age and will become "those people" at some point can serve as a motivator to begin to look at the elderly through different eyes. Dr. Diamond's research has revealed that the elderly possess a higher ability to understand human relationships better than younger individuals. Focusing on their changing strengths and weaknesses in a more empathetic manner may result in better relationships between the "younger" and the "older" senior citizen population.

We must remember that we all share common experiences prior to our retirement. Some of us were introduced to technology and embraced the wonders of the Internet. Others of us view technology as foreign and intimidating. How we view modern advances in communication should never identify the worth of individuals. There is a place in every organization for everyone as we all have value as human beings with rich experiences.

At the Police Memorial last spring, the Museum Committee graciously presented the DPD retirees, who had made arrangements to attend the memorial event, with pictures taken at the beginning of each officer's career. These photos portrayed young and ambitious officers who were anxious to serve their community. The faces have aged, and the bodies are perhaps not as robust as those of thirty years ago, but the hearts and minds of all ages of those officers remain valued, important and deserving of respect.



### **The Ship is boarding!!!**

Whether you seek an adrenaline rush or total tranquility a cruise ship has it all. This January several DPRA members will be indulging on a 7 day cruise ship that will visit Belize, Roatan, and Cozumel.

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

**A**n Old guy in his Volvo is driving home from work when his wife rings him on his carphone, "Honey", she says in a worried voice, "be careful. There was a bit on the news just now, some lunatic is driving the wrong way down the freeway". "it's worse than that", he replies, "there are hundreds of them!"

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( Pres. John cont. from p. 1)

the job remain strong. We are still family and we need to be here for each other.

Last year we worked to improve on the monthly dinners and to add more members to our list of attendees. We added some new restaurants and I am glad to say that attendance did improve but it is still nowhere near where we would like it to be. The Christmas Party was a great success and well attended. I can say that I heard no complaints and I am still receiving complimentary messages about the party.

We looked at some additional events to add to the dinner lineup but we were unable to get any new events started in 2015.

We have contacted Casinos in Black Hawk and we are looking at starting a monthly trip to Black Hawk as soon as February or March. We can have a charter bus with a minimum 35 people and we can have day trips or night trips, whatever the demand. These trips can also accommodate friends and family of retirees. Stay tuned.

Our crowning achievement this last year was the formation of our Web Site, DPRA.info. This site has truly improved our ability to service our members. Paying dues and making the dinner reservation or the BBQ reservation is as simple as clicking a button. Most of what you need to know is on the site and the site is easy to navigate.

Now that the web site is up and running we are pledged to continually improve the site. This year I would like to see the site post any information that Retirees need and want. To make this happen we are going to have to involve ourselves with the Department more than we have in the past.

If you haven't checked out the site please log in and let us know what you think, DPRA.info.

Something that has bothered me is we have nothing to do with the Department we worked for all those years. I am not suggesting that we involve ourselves with the way they operate. I think we all can disagree with a lot of what they refer to as their mission. We do need to be able to get our members information concerning pay and benefits that they negotiate for us. It would also be helpful to get information about our members that they might receive before we get it. We also need help with recruiting new members when they retire. The same can be said of the PPA when it comes to Collective Bargaining and any other issues that might affect our benefits.

As you can see I have lot of ideas that I would like to see develop. In order to accomplish these things it will take a lot of work and involvement of the Board and any members who want to get involved. Being on the Board is not a prerequisite for getting things done. If any member has anything to offer, please let us know.

My pledge to you in 2015 is to increase the information flow. Hopefully there will be more and more information to share with you.

# Exercise



As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. Not only is exercise good for your body, it's also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.

## 5 Myths about Exercise and Aging

Myth 1: There's no point to exercising. I'm going to get old anyway.

**Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.**

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

**Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.**

Myth 3: Exercise puts me at risk of falling down.

**Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.**

Myth 4: It's too late. I'm already too old to start exercising.

**Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.**

Myth 5: I'm disabled. I can't exercise sitting down.

**Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.**

### Some examples of moderate-intensity activities for adults:

- Walking briskly, 3 miles an hour or faster
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles) •
- Ballroom dancing
- General gardening

### Vigorous-intensity activities for adults:

- Jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles an hour or faster
- Jumping rope•
- Heavy gardening, continuous digging and hoeing so that heart rate increases
- Hiking uphill or with a heavy backpack

## Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow which can help protect you against a heart attack and other cardiovascular problems.

### The Benefits of Laughter

Physical Health Benefits:	Mental Health Benefits:	Social Benefits:
<ul style="list-style-type: none"><li>• Boosts immunity</li><li>• Lowers Stress hormones</li><li>• Decreases pain</li><li>• Relaxes your muscles</li><li>• Prevents heart disease</li></ul>	<ul style="list-style-type: none"><li>• Adds joy and zest to life</li><li>• Eases anxiety and fear</li><li>• Relieves stress</li><li>• Improves mood</li><li>• Enhances resilience</li></ul>	<ul style="list-style-type: none"><li>• Strengthens relationships</li><li>• Attracts others to us</li><li>• Enhances teamwork</li><li>• Helps defuse conflict</li><li>• Promotes group bonding</li></ul>

"If we couldn't laugh we would all go insane."  
~ Robert Frost