



# ~After the Badge~



700 W. 39<sup>th</sup> Ave ~ Denver ~ CO ~ 80216 ~ Editor: Barb Miller ~ January ~ 2016 ~ Number 66

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## Where Did the Year Go?



**A**nother year has whizzed by and, as always, I was left wondering where the time went. I began to ponder all the good times and fun that was had with fellow DPRA friends and family. Here is a look back at 2015 DPRA events.

January started off the year with the first of many Thursday morning breakfast gatherings, if you haven't been to a breakfast maybe it is time to give it a try. The breakfast club is growing and seems to be a favorite. January ended with a Caribbean Cruise that visited Rotan, Belize, and Cozumel. The cruise was fun, relaxing, interesting, and the food was excellent. Shorts, T-shirts, swimsuits and suntan in January, need I say more?

The February dinner took us to the White Fence Farm, a beautiful location and a "must see". The March dinner was sponsored by The Police Museum. The Police Museum is encouraging all officers to come down to record their stories. This is a way to leave a legacy for your children, your grandchildren, and all generations to come. An old Egyptian Proverb says "To speak the name of the dead is to make them live again".

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## Message from the Board

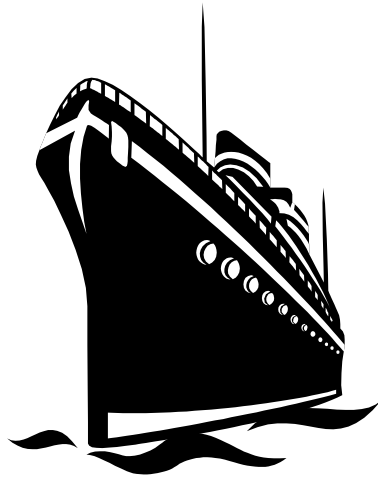


## How Can DPRA Help You?

**A**New Year has begun and the DPRA board would like to determine the needs and desires of the retirees. What can DPRA do to make your life easier and/or more enjoyable? You will find a short survey on the DPRA website at <http://www.dpra.info>. If internet access is not available to you, you will find the survey on p. 8 of this issue. If you have not already completed this survey please take the time to answer the questions and either mail your comments to DPRA or give one of us a phone call with your comments. All addresses and phone numbers can be found in the Rooster Book. Responses will remain anonymous.

In the words of John Schnittgrund, "We are always looking for new things to try. Maybe this is the year for some outside activities like golf, softball, or a local trip somewhere. There are probably a lot of things that might interest you so let me know what you think, contact me at: <http://www.dpra.info/contact.html> and leave a message, or email the board at [denver@dpra.info](mailto:denver@dpra.info) or send me a letter. We can always use your input to make this organization more fun".

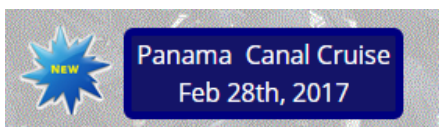
(cont. on p. 8)



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

**J**oin us on the next DPRA cruise! The beautiful Panama Canal is the destination and the ship will embark at the end of February 2017. You won't want to miss the fun, excitement, camaraderie, and adventure this cruise will bring. An escape from our cold Colorado temperatures to warm Central American temperatures is an added benefit!

Go to <http://www.DPRA.info> and look for the Panama Canal Cruise button to find more information or contact Lisa Faircloth at Premier Cruise and Travel at 303-986-8603 for pricing and reservations. Book your room now before they are gone!



With April came the Officers Ball, sponsored by the Police Officers Foundation. This evening was filled with elegance and dinning, fantasy, decadence and magic. The April dinner was held at Piccolo's, always a favorite. In May we dined at Cinzzetti's Italian Market, they always have a magnificent Italian Buffet. The Denver Police Memorial Celebration also took place in May. Following the celebration was a luncheon where DPRA thanked the Station 1 Firemen and gave them a plaque commemorating those who came to the Memorial Rescue in February. The Firemen washed the paint off of the Memorial that was thrown there by anti American Activists.



August was the annual picnic with classic cars and a gaggle of geese that had to be chased away! September dinner was at the Lookin' Good Restaurant and October quickly followed with a busy month in store for all.

October began with the Lt. Tom O'Bryne health fair where DPRA had a booth making information available to current members and upcoming retirees. Next was the monthly dinner, again held at Cinzzetti's Italian Market. The month ended in Laughlin Nevada for the retiree police reunion with our Desert Dweller friends from the Phoenix area.

DPRA returned to the White Fence Farm in November and the year ended at the Potenza Hall with laughter, dancing, dinner and good times with dear friends. The Potenza hall Christmas party provided wonderful food, excellent music but best of all...friends, some not seen in years and others that attend the majority of the DPRA events.

A heartfelt thank you from the DPRA board for all of the camaraderie, laughter and good times!



## Retirement Tidbit Memory Loss or ...



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 Laughlin trips and all the other fun things the future brings.

### Welcome to the following retirees:

**Kevin Jackson, 91072**, Served from 1991 to 2015

**Timothy McAleer, 93008**, Served from 1993 to 2015

**Rick Guzman, 05008**, Served from 2005 to 2015

**Capt Steve Carter, 80041**, Served from 1980 to 2016

**Corp Timothy Jude, 83033**, Served from 1983 to 2016

**Sgt Peri Beaulieu, 84014**, Served from 1984 to 2016

**Sgt Barbara Wimmer, 96004**, Served from 1996 to 2016

**Peggy Packard, 82058**, Served from 1982 to 2016



Many of us have experienced the frustration of going into a room and forgetting the reason for being there. Usually, after a pause of several seconds, we remember the focus of our mission and complete our task. Most of us, as seniors, forget things from time to time. Usually, the things that we tend to forget are the things that are least meaningful or important in our lives. Some people forget the names of others; others of us forget dates and places. Some of us simply have better memories than others. There are multiple reasons for disruptions in our memories. Some causes are related to the aging process experienced by us all, but some causes are more serious and may require medical intervention.

There are a number of factors which can result in more frequent episodes of forgetfulness. One frequent cause for chronic forgetfulness is depression. Depression is emerging as more and more common among the aging population. Depression is characterized by a wide variety of symptoms, including: A low mood for most of the time, loss of enjoyment and interest in things that used to bring pleasure, abnormal sadness unrelated to a specific event, frequent weepiness, fear of uselessness, difficulty sleeping, poor nutrition and disruptive eating habits, difficulty expressing emotions of affection and happiness, increased and sometimes extreme irritability.

If depression is impacting one's life, there are a multitude of treatments available, and the outcome is generally very positive.

Poor concentration is another common cause of forgetfulness. Sometimes, poor concentration is a result of being bored, tired, or unable to focus on a changing lifestyle. If you experience poor concentration, it is difficult for you to remember details or to retain new information. (Cont. on p. 4)

(Memory Loss from p.4)



Physical illness can also impact one's memory. An underactive thyroid can slow down all the basic functions of your body, including the processes employed by your brain. Infections in your body can also impact your memory. Urinary infections and respiratory infections impact older people very negatively and they are frequently unable to remember important information. Certain common medications can cause confusion and memory difficulties. Some sedatives, painkillers and steroids are notorious for impacting our memories. Alcoholism is another factor in the loss of memory.

Even those of us with sharp memories will eventually begin to become a bit more forgetful as we age. This is known as age-associated memory impairment, and is quite common in the aging population. Some experts believe that it becomes harder for the elderly to learn new skills or to remember details as sharply as younger people. It is believed that reading regularly, doing crossword puzzles and Sudoku, memorizing poems, learning new skills, such as playing an instrument, even if it is more difficult to master this learning, and practicing mindfulness daily will help keep your memory sharp.

Forgetting a name occasionally or being unable to recall a date in a conversation is usually merely a temporary bump in the road. You will undoubtedly recall the name after a period of time, and remember something significant that you have temporarily forgotten. A memory problem becomes serious when it affects your daily living. If you find that you are consistently forgetting how to do something that you have done many times before, losing your way to a destination you have visited many times before, or becoming unable to accomplish tasks which use steps, such as following a recipe, you may be experiencing a more serious problem, such as dementia.

A significant difference between normal memory difficulties and dementia is that normal memory loss doesn't become significantly worse over time. Dementia becomes much more pervasive  
(cont on p. 5)

# 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 D/C Robert Jevnager, 50008**, passed away January 24, 2016
- **Retired Detective Richard Pringle, 70154**, passed away January 17, 2016
- **Sharon Bowling wife of Sgt Dan Bowling, 63056, and mother of active Officer Donald Ray Bowling**, passed away January 14, 2016.
- **Retired Officer James Bagan, 62027**, passed away January 1 2016.
- **Retired Officer Martin O'Doud, 61040**, passed away December 18, 2015
- **Retired Officer Michael Romero, 71075**, passed away December 12 2015.
- **Retired Officer Vern Gulliksen, 67055**, passed away November 2015.
- **Retired Officer Forrest Wagner, 67056**, passed away November 20, 2015.
- **Former Officer Bruce Campbell, 82002, 1982-1990** passed away November 14, 2015
- **Mary Jo Burcher widow of Walter Burcher, 51037**, passed away November 2, 2015.



over several months to several years. A physician will be able to properly diagnose the cause of your memory loss.

Dementia is a condition of the brain which causes a gradual loss of mental ability. Impairments are experienced by dementia patients in the areas of memory, understanding, judgment, thinking and processing information and language. The part of the brain which is responsible for thoughts, memories, actions and personality is called the cerebral cortex. Brain cells die in this section of the brain and this leads to disruption in our behavior. Dementia is responsible for changes in personality and the way an individual interacts with others in social situations. As this condition becomes more debilitating over time, one's ability to care for oneself from day to day is impaired

The most common type of dementia is Alzheimer's disease. Alzheimer's disease is named after Dr. Alois Alzheimer, a young physician in 1906 who began researching the changes in the brain of a patient who experienced symptoms of memory loss, language problems and strange behavior. Her research revealed that all Alzheimer's patients have two abnormalities in their brains, sticky plaque build-up and messy bundles of degenerating nerve endings called tangles. Current research focused on better understanding of Alzheimer's and a possible cure includes studying the causes of plaque build-up as well as the tangles.

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There are approximately 5.1 million Americans and 24 million people worldwide who are afflicted with Alzheimer's disease. These numbers are expected to drastically increase as Baby Boomers age, according to the Alzheimer's disease Education and Referral Center, a component of the National Institute on Aging.

Treatment of dementia has received a great deal of attention. Beside standard medication, many other treatments may be of great benefit to those suffering the debilitation of dementia. Planning and writing down a daily routine can help keep people oriented to the here and now. Labeling of common objects in the home is often suggested to provide reality orientation. Cognitive stimulation, or stimulating the brain, may improve daily memory, language and problem-solving skill. This can include problem-solving activities and recreational experiences which will improve quality of life. Regular physical activity such as walking, dancing and swimming, has been shown to slow down the decline of mobility which is common in people with dementia. Sometimes, engaging dementia victims in conversations about their past, known as reminiscence therapy, helps prolong long-term memory by bringing past experiences into the present.

(Cont on p. 9)



## Laughter-The Best Medicine

### Illegally Crossing A Border

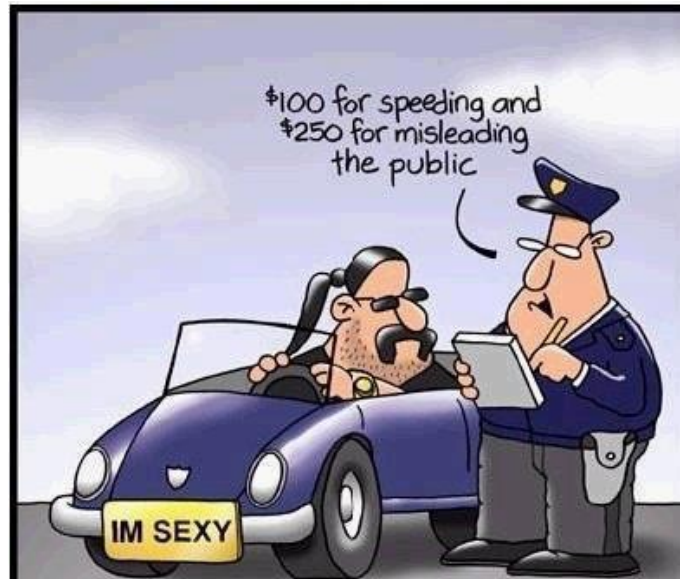
Police Humor | 19853 Clicks

Some interesting facts if you decide to cross the border illegally...

- If you cross the North Korean border illegally, you get 12 years hard labor.
- If you cross the Iranian border illegally, you are detained indefinitely.
- If you cross the Afghan border illegally, you get shot.
- If you cross the Saudi Arabian border, illegally you will be jailed.
- If you cross the Chinese border illegally, you may never be heard from again.
- If you cross the Venezuelan border illegally, you will be branded a spy and your fate will be sealed.
- If you cross the Cuban border illegally, you will be thrown into a political prison to rot.

If you cross the U.S. border illegally you get:

- \* A job
- \* A driver's license
- \* A social security card
- \* Welfare
- \* Food Stamps
- \* Credit Cards
- \* Subsidized rent or a loan to buy a house
- \* Free education
- \* Free health care
- \* A lobbyist in Washington
- \* Billions of dollars worth of public documents printed in your language
- \* The right to carry your country's flag while you protest that you don't get enough respect



Little Sammy's kindergarten class was on a field trip to their local police station. There they saw pictures tacked to a big bulletin board.

The label clearly read, "The 10 Most Wanted." One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

"Yes," said the policeman, "the detectives want him very badly

So Little Sammy asked, while tugging on the man's belt, "Um, mister, why didn't you keep them when you took their pictures?



**Make the upcoming  
Dinner at Bonnie Brea  
a Valentine's Day  
Event and bring your  
favorite person!**

## "Code 7"

### DENVER POLICE RETIREES ASSOCIATION

- 1<sup>st</sup> Thursday of each month  
Breakfast - Lookin' Good Restaurant
- Feb 15th – Bonnie Brae Tavern
- Upcoming Events to be determined.

## **What If A Police Department Won The Powerball Jackpot?** By PoliceOne Staff

This question was put out by a national Police magazine-PoliceOne; here are some of the best responses — from serious to ridiculous.

Recently people across the country were flocking to convenience stores to lay down bets on the \$1.5 billion Powerball jackpot. They do this despite the fact that each individual has as much chance of winning the big prize as getting attacked by a giant squid in Utah's Great Salt Lake. In hopeful anticipation, they pick numbers based on birthdays, anniversaries, the age of the family dog, or randomly-picked sets generated by the Lotto machine. They fantasize about using the winnings to buy extravagant things and when the numbers are announced they dejectedly toss their losing tickets in the waste basket.

But the current frenzy got us thinking: What if a police department suddenly had a \$1.5 billion windfall? What utterly useless and frivolous thing would they buy? More realistically, what law enforcement equipment and/or services would a department seek to buy?

We put this question to our Facebook fans, and collected some of their best responses — from serious to ridiculous.

"Start a fund for officers whose lives are ruined because of false accusations." — Carmen Lendman

"Start a fund for all first responder families who fell during 9/11." — David Shaw

"I'm sure the Commissioners would find a way to reallocate the funds to something pointless for the city/town/county." — KZ VAndwerff

"Admin would buy themselves gold-plated Ranger Rover patrol cars." — Russell Fitzpatrick

"A new president." — Chris Graff

"I would buy a unit that didn't overheat after sitting stationary for five minutes." —Richard Garcia

"A bearcat....I always wanted a bearcat." — Paco Moreno

"Was talking today about what if everyone in the dept [sic] bought in on a Powerball ticket and won. Who'd actually come into work?" — Jody Camper

"We'd probably end up having an empty shift!" — Doug Idn

"If I win, I will buy our entire police force new bullet proof cars!" — Kerrie Riddle

"Well, at a 10 percent rate of return, less 3 percent adjustment for inflation, that would net about \$49M/year. Ought to be enough to put at least a few more officers through academy."  
— Nate Ragut

"Nachos and beer, lots of beer." — Robert Barcello

"Salaries, equipment, and training." — Bob Cronin

"Take home cars for everyone." — Carlos Pabon Jr.

"Robocops for everyone." — Daniel Warner

"More officers and updated equipment." — Rod Tiner

"Gold plated donuts?" — Mike Rubio

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

## DPRA SURVEY



If you have not completed the online survey or do not have internet access please take a moment to complete this survey and mail back to:

DPRA  
c/o Rocky Mountain Law Enforcement Credit Union  
700 W 39<sup>th</sup> Ave  
Denver CO 80216

Or contact a DPRA board member with your responses.

What is the ideal or best time for you to attend a Monthly Dinner?

- ☐ 5:00
- ☐ 6:00
- ☐ 7:00

Do you have a favorite restaurant you would like us to consider?

Restaurant Name \_\_\_\_\_

Please let us know what type of activities you would like to see included throughout the year.

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Would you be likely to attend workshops or seminars about your Pension, Health, or other Retirement Issues?

- ☐ Yes
- ☐ No

Please note any other comments you would like to have the DPRA board address.

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Your Name (Not Required) \_\_\_\_\_



## PICTURES...2015 EVENTS

AFTER THE BADGE ~



Laughlin



(Memory cont from p. 5)

At the current time, there are no known ways definitely proven to prevent us from developing dementia. Currently, research continues to find what treatments may prevent dementia, but there has not been any documented evidence to show positive results. There are a number of supplemental compounds which are being studied and have shown promising results for keeping the cells of the brain healthy for a longer time. Lion's Mane, a Chinese mushroom, has been studied for its effects on protecting the brain from the growth of damaging plaque. Tumeric is being examined for its effectiveness in providing anti-inflammatory properties to the brain. Tumeric is common in the cuisine of India. It is significant to note that India has approximately 1/3 the cases of Alzheimer's disease than found in Western countries. Scientists at the University of California Los Angeles have uncovered evidence that the main ingredient in turmeric, curcumin, breaks up the brain plaque found in the brains of those with Alzheimer's disease.

Museum Dinner



2015 Cruise



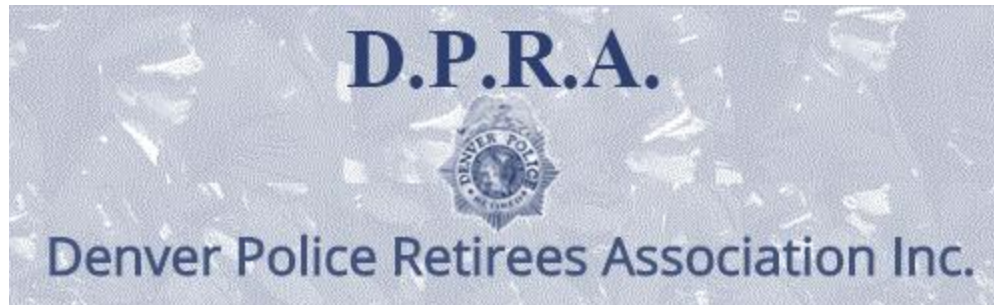
There are, however, some known health factors which can increase your risk of developing dementia. These risk factors, which are also risk factors for developing cardiovascular disease, include: smoking, raised cholesterol levels, drinking alcohol to excess, not exercising, being overweight and having diabetes or high blood pressure.

Keeping your brain active during your later years has shown much promise as a factor for reducing your risk for developing dementia. Consider increasing the amount of time you spend reading, learn a foreign language, and learn to play a new instrument or participate in training for a volunteer experience which is unfamiliar to you. Maintain an awareness of the known health factors which can increase your risk for developing dementia, or Alzheimer's disease, the most common type of dementia. If you feel you are at risk, or are experiencing memory loss symptoms which are preventing you from living a productive life, talk to your doctor about your concerns and your possible need for further evaluation.

Cozumel



~ by Lynne Mullin



**DPRA**  
**c/o Rocky Mountain Law Enforcement Credit Union**  
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