

FELLOW AND FUTURE MEMBERS

JUNE 1, 2011

The Fire and Police Pension Fund and the Fire and Police Health Fund are now in their new home. This new location provides ample parking for our members with close proximity to the offices. There are no stairs to climb to get to the Health Fund office. For the retirees, the meeting room is large, comfortable and easily accessible.

The location of the building is easy to get to. If you're going north on U.S. 281, get off on the Nakoma exit. When you get to Nakoma turn right (east). Going east on Nakoma turn left on the first street (Coker W). You will see the building from Nakoma. If you're going south on U.S. 281, again, get off on the Nakoma exit. Turn left at the light and go over U.S. 218. Go east on Nakoma to the first street on the left side (Coker W). You will see the Municipal air port on the right side of Nakoma, and the street Coker W, will be the first street on the left side.

The address of the new offices is: 11603 W Coker Loop. San Antonio, Tx. 78216

I know that for some of our members the distance may be a bit of a problem, but the offices are just one block away from highway U.S. 281 north, which in turn gives easy access to any part of San Antonio. I can guarantee you that one day in the future this member's headquarters will be in the center of San Antonio. It may come to pass sooner than we think. Come by to see the building and offices and get familiar with the location.

I know this is "old news" and a topic that I have almost beaten to death. However, at the risk of being a bore, I'll quote these two paragraphs.

- A) Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons. These include strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and for enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.
- B) Though changes or improvements will not be immediately apparent, regular exercise helps improve mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which again is also linked with higher levels of self-esteem.
- C) Body movement provided by exercise helps alleviate pain caused by arthritis and rheumatism and also helps keep joints limber. Generally, the first thing a doctor will tell a patient suffering from arthritis or rheumatism is to keep

moving. Additionally, having a healthy body will help you better weather illnesses or injuries.

I guess it could be said that I have a self-serving interest in emphasizing the need to exercise and to maintain a healthy lifestyle. Having a healthy membership will help preserve the assets of the Health Fund and maybe prevent future increases in contributions or decreases in benefits beyond what is already programmed into the Health Fund plan.

Health services are increasing at a very alarming rate. I know of two doctors that have retired because of the limitations being put on their fees. The amount of paperwork that has to be submitted to various agencies is onerous to say the least. Some doctors are choosing not to participate in “in-network” services. These events are sure to impact our Fund in a way that will directly hit where it really hurts, our pocket books.

We cannot consider the Health Fund a limitless resource. We, the members, must be judicious in the use of the Fund. We can take care of this resource by keeping our bodies strong and healthy.

The bottom line, dear members, is that preserving the Fund’s assets is a by-product of a healthy membership. Let’s all do our part by staying healthy.