

FELLOW AND FUTURE MEMBERS

MARCH 1, 2011

The Fire and Police Health Fund is still on target to move into our new offices on May 1st. As you know, the Pension and the Health Funds will be in the same building. This location has good accessibility, especially for our senior members and also ample amount of parking. The parking grounds are level and close to the building. There are no steps to get into the building and the offices.

Trafficwise, there is good access from Nakoma Street and also the access road from I.H. 281 just north of Nakoma Street. If you happen to be in the neighborhood, drive by and see the building and get familiar with the location. The address is: 11603 W. Coker Loop.

Some of our retired members are working other jobs that provide their employees with health insurance. These members assume that since they are covered by another employer's insurance, they do not need to submit their claims form. Even though they receive benefits from other carriers, they are still members of the Fire and Police Health Fund. For this reason, they need to submit the claims form every year.

Generally, the last one or two paragraphs is reserved for topics relating to exercise for our senior members. I must confess that I have been remiss in remembering the active men and women that will one day be receiving benefits from the Fire and Police Health Fund. We want you to stay healthy so that you can really enjoy your retirement which you worked so hard for and richly deserve.

Both professions, fire fighting and police work, are extremely hazardous and very stressful. The physical demands on these two professions are very high. For this reason, it is imperative that our brothers and sisters still in the work force make an effort to stay in good physical condition.

In my opinion police and fire fighters should individually undertake a regimen of exercise that will keep their bodies fit for their work and also keep them on their feet after retirement. Fire fighters and police officers should walk or preferably jog no less than two miles every day of the week. Additionally, weight lifting for one hour two or three times a week is a must. This is in addition to the daily run.

I know that there are a lot of actives that work out regularly. I also know that many actives don't work out at all. Many are just happy to come to work and hope they're not called to answer an alarm. Not being in good physical condition will make gaining weight easy and will make injuries come more often.

Our active members owe it to the citizens of San Antonio and to themselves to do their jobs well, and doing their jobs well entails being in good physical condition. Being a fire fighter or police officer does not allow us the ease of sitting behind a desk to do our work.

The work of a fire fighter or police officer is nerve wracking, tense, dangerous and physically intense. You don't have the luxury of asking for a rest during an emergency. You have to keep going at your maximum physical ability until the emergency is neutralized.

Working out regularly does not guarantee that you will live a very long life. It will, however, very likely help keep you on your feet until the final switch is turned off. I ask all our younger members in the work force to watch your diets and maintain a regular exercise program.

I'm 77 years of age. I walk at least 2 to 4 miles seven days a week and weight lift 1 hour two or three times a week. You're still young and working. You should do no less than what an old man can do. .