

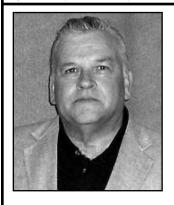
UNITY



THRU STRENGTH AND PURPOSE

Quarterly Voice of the Retired Detroit Police and Fire Fighters

Volume 125, Spring, 2016



PRESIDENT Don Taylor

Having survived another Michigan winter, we hope everyone will enjoy their summer and take some time to participate in the Associations summer events.

Your Association continues the effort to protect what benefits we have left after the Bankruptcy and look into possibilities of reversing some of the negative effects of the Bankruptcy. We have issues at all levels of government.

Federal Level H.R. 711

I will start with an issue that has been with us for over 30 years. The Windfall and Pension Offset. Every year there has been a Bill introduced to overturn the Windfall and Pension Offset, which was implemented around 1985. It now appears that House Resolution 711 has a chance of passing and being implemented January of 2017. I wouldn't get to excited; it may not be as good as it sounds. H.R. 711 would repeal and replace the Windfall issue only. It would replace it with a system for calculating your Social Security Benefits by combining all your wages together as if all had been subject to Social Security. You would then, using the current system, calculate your Social Security income and figure out the percentage of your monthly Social Security benefit. Then re-calculate using only the wages that you earned that were subject to Social Security Tax and apply that percentage.

At this point H.R. 711 is just at the early stages of hearings and it is not clear, how or which of our members will be affected by this legislation. I used this new formula on my own Social Security Benefit and it amounted to a change of approximately an additional \$32 per month on my benefit. We will monitor this Legislation and as it becomes clearer how and when this new formula will affect us, we will address it in more detail. You Can listen to and read the testimony regarding this legislation following website:

http://waysandmeans.house.gov/event/chairmanjohnson-announces-hearing-on-social-security-andpublic-servants-ensuring-equal-treatment/

Regarding our State Legislation there has been some movement regarding both of the Bills we have had introduced and I will give you a short update;

Senate Bill 368,

Sponsors

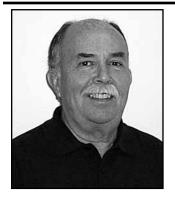
Ken Horn - (primary) Mike Nofs, Steven M. Bieda, Vincent Gregory, Goeff Hansen, David Knezek, Jim Marleau, Rick Jones, Dale Zorn

"The Bill would amend the Income Tax Act to extend to a person who was born after 1952 and retired as of January 1, 2013, an increased deduction for retirement or pension benefits from governmental employment that was not covered by Social Security".

It would treat those persons born after 1952 the same as those born between 1946 and 1952. They would be eligible for a deduction on State income Tax of \$35,000 single and \$55,000 for joint filing.

This Bill was passed out of Full Senate by a vote of 36 to 0. The Bill was then moved over to the House of Representatives and referred to the Committee on Appropriations on December 1, 2015. Over the past few months many of the pieces of legislation sent to

(continued on page 4)



VICE PRESIDENT

Gregory Trozak

I would like to begin by saying that I made a mistake in my last article concerning the dates of the Annual Picnic and June General Meeting (I know it's hard to believe I could err but it seems to be happening a little more lately, there must be something in the air). So with that said the correct dates are as follows: the picnic will be on TUESDAY June 21, 2016 and the GENERAL MEETING will be on WEDNESDAY June 22, 2016.

The picnic will take place at Heritage Park, which is located directly behind the Bavarian Inn, the only change will be the location of the pavilion. This year we will be using the Satow Pavilion, which is just down the river from last year's location. The festivities begin around noon and will include lunch, beverages and a lot of good stories and reunions.

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16414 WALCLIFF CLINTON TOWNSHIP, MI 48035 The General Meeting will again be held inside the Bavarian Inn and will include breakfast and a few more stories. The world famous Hospitality Room will be open on Monday evening, June 20, 2016 and again on Tuesday evening, June 21, 2016 on the second floor of the Bavarian Inn. Rooms are still available and can be booked by calling the Bavarian Inn directly at (855) 652-7200 and using our booking # 1286FG.

I apologize for the error in the last issue but rest assured I had this article checked by everyone here in the office and they all concur these are the correct dates. For all those that have attended in prior years know that a good time is had by all and for those that have not attended we ask that if you can make arrangements to make it you will have a great time, see some old friends and make some new ones. We hope to see you there.

The Association has other events planned for 2016, which include the Annual Golf Outing taking place on Friday August 19, 2016 at Hickory Hollow Golf Course (new location). This year the price is \$75.00 per person and includes a continental breakfast, hot dog on the turn, beverages on the course, a buffet dinner after golf and a FABULOUS PRIZE. More information is available by calling the office or get your foursome together and send in the payment and names on the form in this issue of the UNITY.

We are also in the planning stages of the Association's Annual Conference in Las Vegas. The Conference this year is set for September 26-30, 2016 and will take place again at the Monte Carlo Casino & Resort in beautiful Las Vegas, Nevada. Those interested in attending can contact The Association's official travel agent Debbie Ruemenapp from Just Cruises & Vacations @ (586) 739-4444, (888) 582-6100 or you can email her at deborah@justcruises.com. Debbie can meet all you travel needs for the Conference whether its air & hotel or just hotel so give her a call and join us.

(continued on page 9)



Retired Detroit Police & Fire Fighters Association Inc.

2525 E. Fourteen Mile Road • Sterling Heights, MI 48310-5969 (586) 795-1734 • Fax (586) 795-2183 Monday - Friday 9:00 a.m till 3:00 p.m.



PUBLICATION/EDITOR

Al Grant

VIDEO/PHOTO WEBSITE rdpffa.phanfare.com Ken Gidner - Administrator 969

OFFICE E-MAIL rdpffa@hotmail.com

WEB SITE www.rdpffa.com



SECRETARY/ TREASURER

Al Grant

Detroit filed for Chapter 9 Bankruptcy July 18, 2013. It was the largest municipal bankruptcy filing in U.S. history by debt, estimated at \$18-20 billion. On one hand, it feels like ancient history and on the other it feels like yesterday. Conceding that there would be bankruptcy aftereffects, specifically, the loss of earned healthcare benefits, most moved on making the necessary changes, while some have experienced administrative errors with file transfers that needed or need to be corrected. Although at times difficult, remember patience is a good quality, be composed but at the same time continue to be persistent to work out your problems.

In the last issue of the Unity #124, I called attention to the cost of \$659,803.38 the Association paid professionals to defend our earned benefits. I pointed out how generous the membership has been to offset this expense. I have been approached and asked the following question, how much does the Association owe in legal expenses? The answer is that the Association has no outstanding debts. Dating back to November 16, 2012 the RDPFFA was invoiced and paid in full \$718,976.79 for legal services. Donations from the membership totaled \$344,393.70 so the association portfolio was decreased \$374,583.09.

The RDPFFA has eight accounts, five checking, labeled as the Primary general checking, P.A.C., Legal,

Detroit Police Department Retired Badges

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*Add \$5.00 for Shipping & Handling. Allow 6-8 Week for Delivery

Credit Union, PFF (Convention) and Golf and three savings, General, Credit Union and Golf. Donations by members are deposited as directed such as;"P.A.C.", "Appreciation", "Legal" or "Where needed". P.A.C. donations are separated in a specific account and can only be used for Political Actions. The primary checking account pays all bills and as funds are depleated the account is supplemented by transferring monies from other account.

All monies are funds of the Retired Detroit Police and Fire Fighters Association. Some members have asked if consolidation of funds is possible, for example, one RDPFFA checking account, a savings account and one Political Action Committee checking account. Coincidently, at a recent Board of Directors meeting this subject was thoroughly discussed, free services in the past now have fees, our savings account has charges on each transaction over 20 per month and our checking account has charges for each transaction over 150. Currently the Association receives hundreds of checks per month for deposit. Service fees for these transactions add up quickly. Therefore, to help contain costs, please consider signing up for dues' payroll deduction. Following a lengthy discussion by the Board it was decided to continue operating with the existing accounts having the Executive Board decide the transfer of monies as needed.

In closing, members of Detroit Police Lieutenants and Sergeants received a letter regarding Group Term Life Insurance Policy 62359-8. Life insurance coverage is provided to you under a group policy issued to the Detroit Police Lieutenants and Sergeants Association (DPLSA) and underwritten by ReliaStar Life Insurance Company. Membership in the policy is 34% active and 66% retired, Reliastar Life Insurance through VOYA states the company has been losing money for the last six years. Recently members received a letter regarding termination due to age. DPLSA Leadership and Executive board, blindsided and unhappy with the information, immediately went to work on finding a carrier to underwrite a policy that includes ALL members, active and retired. You will be receiving information regarding this matter. If you have any questions, please contact the Detroit Police Lieutenants and Sergeants Association Office at (313) 961-5699.

PRESIDENT (continued from page 1)

House Appropriations have been delayed because of the uncertainty regarding the effects of the Detroit School funding and Flint water situation, and the effect any resolutions to those issues would have on the State Budget. Under the analysis of H.B. 368 by the State the first year fiscal impact is estimated at 7.8 million dollars. The Chairman of the House Appropriations Committee has now indicated they will hold hearings on HB 368 and we will be meeting with members of the Committee shortly in an effort to move the Legislation. We will continue to keep you updated.

House Bill 5421 Sponsors

Laura Cox - (primary)Jim Tedder, Bill LaVoy, Marilyn Lane, Michael McCready, Jon Bumstead, Dan Lauwers, Eric Leutheuser, Sam Singh, John Chirkun, Earl Poleski, Wendell Byrd, Tom Cochran, Fred Durhal III, Christine Greig, Tim Greimel, Gary Howell, Brandt Iden, Robert Kosowski, Lisa Lyons, Jeremy Moss, Phil Phelps, Julie Plawecki, Henry Yanez

"The Bill would amend the Public Employee Health Care Fund Investment Act to codify the process for removing bankruptcy trust trustees, establish trust meeting requirements, and cap compensation for trustees".

This Bill, along with a number of other things, would set compensation for our VEBA Trustees (if they receive any compensation) at the same level as the Retirees serving as Trustees on the Police & Fire Pension Board. Retiree Pension Trustees are compensated only for time spent attending meetings, at the rate of approximately \$25 per hour.

House Bill 5421 was passed out of the Committee on Financial Liability Reform by a vote of 9 to 0, and out of full House of Representatives on April 14th by a vote of 103 to 5. The Bill was referred to the Senate Committee on Appropriations. I hope to meet with the Chairman of this Committee to discuss movement of the Bill.

I was recently appointed to serve on the Board of Trustees of our Health Care Trust (VEBA). As you know I believe the current compensation policy needs to be changed, the amount being received without qualifiers is excessive and inappropriate, especially under the current circumstances. For those reason and others, I notified the VEBA Board of Trustees, I will not accept any compensation from the VEBA Board under any circumstances regardless of their policies.

The VEBA Board continues to work to resolve the problems relating to the open enrollment, and the change of Third Party Administrators. I believe most of the individual problems have been resolved, and the others should be shortly. There continues to be a problem with the valuation of the B-Notes, currently they are listing at less than .50 on a dollar. This emphasizes the need to ensure that only necessary expenses are paid and wherever possible expenses are reduced or eliminated to ensure maximum benefit to the beneficiaries.

Many of you have expressed concerns and or complaints to us regarding the VEBA, which is appropriate and fine, but it would be more helpful to send a message

(continued on page 10)

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UPCOMING SPECIAL EVENTS

5th Precinct Oldtimers Luncheon

Second Monday of every month at 11:00 A.M. Big Boy's at Garfield and Hall Rd. (M-59)

11th Precinct Retirees Luncheon

Second Wednesday of the month at 1:00 P.M. Buddy's Pizza - 13 Mile Rd. and Van Dyke

Fire Fighters Breakfasts

First Monday of the month at 9:00 A.M.
Voyageur Restaurant – (810) 329-4101
525 Riverside Dr. – St. Clair, MI
First Tuesday of the month at 9:30 A.M.
Step Inn Restaurant
325 N. Main St., Downtown Cheboygan, MI
Third Tuesday of the month at 9:00 A.M.
Omega Coney Island
22501 W. Eight Mile Rd., Detroit, MI

First Thursday of the month at 10:00 A.M. Little Chef Restaurant 101 Brookside Lane, (Enter off Grand River) Exit 145 off of I96

Call the Association Office if you need additional information

Welcome New Members!

January 2016

Cybulski, Bernard - Police Feld, Robert Jr. - Police Herold, Richard - Police

February 2016

Roberson, Alvin - Police Stallworth, Darren - Police Washington, John D. - Police

March 2016

Allen, Daniel - Police Chuney, Melvin Jr. - Police Franklin, Sherry - Police

April 2016

Carpenter, Beverli - Police

ASSOCIATION CALENDAR OF EVENTS* NEW!

General Membership Meeting Schedule EAST SIDE/AMERICAN POLISH CENTURY CLUB

33204 Maple Lane - Sterling Heights, MI - 7 PM May 5, 2016 • Sept. 1, 2016 • Nov. 3, 2016

WESTSIDE/JOY MANOR BANQUET CENTER

28999 Joy Road - Westland, MI - 7 PM Oct. 6, 2016 • Dec. 1, 2016

West Side Silver Ladies*

2nd Tuesday of the month at 1:00 P.M. Archie's – 30471 Plymouth Road – Livonia Between Middlebelt and Merriman Road

East Side Silver Ladies*

1st Tuesday of the month
Meeting at Filippa's – Time: 2:00 P.M.
Mound North of M-59, Utica, MI

Police & Fire Club of Florida*

Meet 1st Sunday of the month
"Oct thru April" at Hillsborough County Library
619 Vondenburg Dr. - Brandon, FL 33511
Doors open at 12:30 P.M. with coffee & donuts

Snowbirds Of Michigan*

Meet 2nd Sunday of the month

May thru December

at "BJ's" Restaurant in Gaylord, MI

Social Hour 11:00 AM – Meeting at 1:00 PM

*Refer to columns for specifics or program changes

Articles for the Summer 2016
Issue should be "submitted" by
June 28, 2016

REMEMBRANCE AND THANK YOU

The following supporters, their names and in names of their loved ones, have contributed most generously to our Legal, Appreciation and P.A.C. Funds. Your continued support of our Association is the encouragement we need and reflects your recognition of the Association's efforts in your behalf.

Legal (Donation)

In memory of

Alvey, Bob & Jean in memory of Sgt. Jerry Hughes

Barton, Dennis & Margaret in memory of Francis Arbanas

Bell, Karen in memory of Ron McComas

Borg, Manuel & Anna in memory of John Vella

Brooks, Irene in memory of George Brooks

Carolan, J. Patrick & Joanne in memory of Harry Rudeen

Chakan, Sharron in memory of John Chakan

Chakan, Sharron in memory of John Chakan

Cook, Roe in memory of William (Bill) R. Cook

Cronk, Richard & Carolyn in memory of Mary Cronk

Cronk, Richard & Carolyn in memory of Mary Cronk

Cronk, Richard & Carolyn in memory of Mary Cronk

Davis, Leonore in memory of Carl Davis

Felisiak, Loraine in memory of Edwin Felisiak

Fitzpatrick, Frank & Barbara in memory of Tom Peterson & John Pfannes

Frank, Bill in memory of Frank Tata

Frank, Bill in memory of Janet Frank

Gallaway, Mike J. in memory of Bill Bolgar & Charlie Melvin

Glowacki, Dick & Terri in memory of Sgt. Jerry Hughes

Gomez-Terlep, Rosa in memory of Cmdr. Alfred Gomez-Mesquita

Grace, Mary Ann in memory of Thomas Grace

Harbar, Lucian in memory of James Roberts (Mr. Roberts)

Hughes, Elizabeth in memory of Jerry Hughes

Hughes, Elizabeth in memory of Sgt. Jerry Hughes

Kramer, Virginia in memory of Ben Kramer Lash, Violet in memory of Henry Lash Meyers, Ilene in memory of

Louis Meyers

Moffitt, Jim in memory of Donald Magdowski

Panackia, Ed & Connie in memory of Al Malesky, Joe Boyle and Jerry Raycraft

Pathe, Anna in memory of Eugene Pathe

Purrington, Jim & Sandra in memory of Ron Wolber & Joe Pruchnik

Radulovich, Edith (Lucy) in memory of Det. Sqt. Steve Radulovich

Radulovich, Edith (Lucy) in memory of Sgt. Steve Radulovich

Rem, Don & Cynthia in memory of Sgt. William Schmidt

Ross, Jim in memory of Ed Green

Saski, Michael in memory of Don Travis & Al Gomez

Schrader, Joe & Gerlinde in memory of Larry Nevers

Sedmak, Michael & Mary in memory of Henry Sedmak & Leo Studzinski

Simon, Ron & Bev in memory of Herbert Kaltz

Sington, Gerald in memory of Henry (Hank) Demetroff

Stephens, Ron & Carol in memory of Raymond Lademan

Swistock, Gloria in memory of Kenneth J. Swistock

Viecelli, Richard in memory of Eugene Purchiaroni & Roger Poikey

Walsh, Sandy & Steve in memory of Charles Newsome

Wendyker, Al & Linda in memory of Charles Newsome

Wilkewitz, Sunni in memory of Patr. Michael Czapski

Wojtas, Carl & Diane in memory of Sqt. Charles Newsome

Yuhn, Delbert & Gloria in memory of Don Yuhn

Zemaitis, Dan & Rosemarie in memory of Lt. Andy Zazula

Appreciation / Legal (Donation)

Ancheta, Doris Bar, Tim Bar, Tim Bar, Tim

Barnes, Michael & Margaret

Barnes, Michael & Margaret

Best, Gregory Billings, Jerry

Braun, Harry

Cackowski, William & Laurine

Charette, Joseph

Cislo, Fred & Rose Marie

Collins, Walter

Cox, Paul & Laverine

Cybulski, Bernard & Marcella

Delor, Lisa

Dermidoff, Dennis

Devolder, James & Joan

Dinatale, L.G

Duhonich, Michael & Margaret

Dunn, Patrick & Sharon

Ellul, Edward

Ferrari, Gary & Mary

Fiddler, Ray & Charlotte

Fogarty, Patrick & Donna

Foley, Mike J.

Foley, Mike J.

Foley, Michael J.

Grekowicz, James & Marjory

Hewitt, Lori & Dave

Holland, Dennis & Magdalene

Hunsaker, Anne & Ralph

Hunt, William

Hynes, Melbourne

Jablonski, Daniel

Jablonski, Dan (Jabo)

Jensen, Jack

Kalvenas, Ron & Doreen

Kapagian, Vahan & Diana

Kiehl, William & Janet

Klinefelt, Ira

Koby, Jay & Geri

Koehler, Louis (DOC) & Stella

Mahoney, Charles & Dorothy

Marlow, Bob & Pat

McCann, Thomas & Constance

McKane, Dan & Barbara

(continued on page 7)

REMEMBRANCE AND THANK YOU (continued from page 6)

App / Legal (Donation) (continued)

McKane, Daniel

Meeks, Robert

Meeks, Robert

Meeks, Robert

Miller, Harold

Monti, Deborah

Moro, Martin & Karen

Morse, John & Diane

Nolan, Raymond

Nowak, Frances

Nowak, Frances

Nowak, Frances

O'Brien, Lawrence

Parrish, Susann

Phillips, Charlie & Kathleen

Phillips, Charles & Kathleen

Reece, Bill & Florence

Riina, Len & Mary

Russell, Ken & Jo

Russell, Ken & Jo Russell, Ken & Jo

Schumaker, Eileen Foley

Sehn, Ron & Susan

Sevald, Paul

Sherwood, Donna

Skaggs, George (Skip)

Skonieski, Darryl

Skotzke, Eugene & Diana

Smith, Micah

Somero, Mike & Nancy

Soncrant, John (Jack) & Dolores

Soncrant, John (Jack) & Dolores

Stachecki, Craig & Kathleen

Stieber, Paul & Jacquelene

Treier, Anthony & Sandra

Veneri, Neil

Wasser, Fred & Norma

Watts, Adrienne

Wicker, Arnold

Winkler, Frank Wojtas, Joseph Yaden, Don Zaremba, Mark

PAC (Donation)

In memory of

Banat, Rudy in memory of

Sgt. Ernie McMahon & Sgt. Jim Maggie

Chakan, Sharron in memory

of John Chakan

PAC (Donation)

Dick, Gregory & Mary

Greene, Kevin

Martin, Tom & Joan

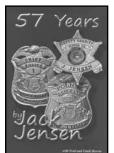
Pfahlert, Philip

Sehn, Ron & Susan

Soncrant, John (Jack) & Dolores

Stanbury, George & Marie

Sylvester, David & Susan



57 Years

by Jack Jensen

"This is a Biographical work cross sectioning the professional history of Jack Jensen as he labored in different aspects of law enforcement over a span of fifty-seven years. The stories

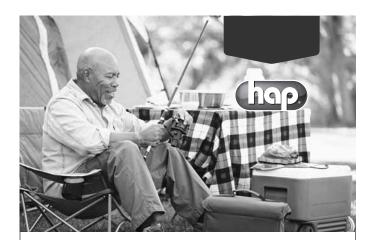
recalled here all involved Jack and were verified through actual police records and news accounts."

Retired Sergeant – Officer (VP) of the Lieutenants and Sergeants Association

For more information, contact by email: karenjensen3349@comcast.net

MEMBERS PLEASE NOTE

For your information and the Associations benefit it is important that, when your summer/winter address changes, we are notified in advance of the move and again when you are returning to your home address. That way we can keep you current. We don't want to lose you in the process.



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Insurance Advisor

Son of Steve Parsell Retired Detroit Fire Fighter

Grandson of Carl Parsell

Former President of the D.P.O.A. and Retired Detroit Police Officer



Now that you know your rights..

KNOW YOUR OPTIONS.

After learning about your different options, you may also want to ask yourself some important questions regarding your health and future.

- Do you travel?
- If you are diagnosed, do you want the best doctors? Or do you want your insurance to dictate your treatment?
- Would you rather know that you're covered 100%? Or pull out your calculator and checkbook?

I want to thank all of you for letting me help you through this difficult time. Although I have helped as many of you as I can this year, it has been very difficult to reach out to as many of you as would have hoped given the strict time constraint placed upon your situation. I'm sure some of you feel that you haven't had enough time to gather the information necessary to make an educated decision in regards to your health insurance.

As some of you may know, having had my own family be affected by this situation, I have taken this responsibility very seriously. That being said, you may find yourself at some point throughout this next year needing some sound advice. Here are some examples that may lead you to reach out to me:

- •You or your spouse are turning 65
- •Annual Disenrollment Period (Jan. 1st-Feb. 14th)
- •Know of anyone that is under 65 needing ACA (Obamacare)
- •Retiring at any point in 2016

If I didn't get a chance to help you this Open Enrollment Period and if none of these apply to you, know that I will be able to aid in your decision during open enrollment of next year. Although your situation isn't ideal, it can very well be a blessing in disguise for most of you. It is not too often that you have an organization that is willing to offer a set amount of money to you to go shopping for your own insurance. I have advised hundreds of police officers, firefighters, and their families over the last couple of years and will continue to do so.

You can contact my office at **855-724-7500**, or e-mail me at paulp@sbgra.com to schedule a free consultation. We will also be offering free seminars, please call for more information.

719 E Grand River Ave Brighton, MI 48116

www.sbgra.com

VICE PRESIDENT (continued from page 2)

All packages and rooms booked through Debbie give the Association recognition and will be credited to our contract. She can also get you great deals on any travel plans you may have any time of the year. More detailed information will be available at a later date. If you have any questions please give the office a call.

On to the pension system, we all know that the markets the first few months of 2016 were less than desirable. Unless you have that retirement fortune stashed under the mattress we all took a pretty good hit to the bottom line. Well the pension system was not immune to the hit either. The good news is that the markets have rebounded the last several weeks and made up a lot of the earlier losses. Although not back to their highs a recovery was under way. The pension system is very diversified and the actions of the board the last few years are on tract. The system is slowly closing out the corrupt investments involving the past administration and making every attempt to recoup some of the losses

the system sustained through legal action or diversification of those assets. I know this is not what we hoped for but rest assured the corruption is gone, some for longer than others, and the board is moving forward. The City is well aware that come 2023 when their contributions are scheduled to resume something will need to be done prior to that date to offset the projected shortfall that may be coming. The board was told that the City is looking into some sort of contribution being made prior to 2023 that will be beneficial to the systems assets. We all hear the City is "coming back" now let's see if it continues.

Wrapping up this issue and my article I hope I did not make any mistakes this time around and as always if there is anything I can to do to answer any of your questions or concerns please feel free to give the office a call. So until the next time I hope to see many of you at one of our events or at the General Meetings. Until then enjoy the spring and upcoming summer months. And remember be careful out there.



Bob Blickensdorf

Retired Chief of Police Madison Heights Police Dept.

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Curator: Jeff Lemaux Phone: (248) 245-0720

PRESIDENT (continued from page 4)

directly to the VEBA Board Trustees. You can do so from the Detroit Police & Fire Retiree Health Care Trust web-site, http://www.dethctveba.org then at top of page click on Contact, or go directly to contact page at; http://www.dethctveba.org/pf/Contact or mail to 8220 Irving Road Sterling Heights, MI 48312 Phone 800-645-9978

.9 Cent Death Benefit

For those opting to close out the .9 cent death benefit, we were notified that the Employees Benefit Board has indicated they intend to have the payouts mailed out around July 2016. Don't spend it until you get it!!

That's it for now, but once again I want to mention as it relates to the new formula that is being proposed is H.R.711 to calculate your Social Security benefit, give us some time and if it appears that the legislation is going to pass we will attempt to get a clarification on how it will work and what effect it will have and publish a more detailed explanation. As Legislation works its way through the system it is also subject to change.

DEATH OF MEMBER

FAMILY ASSISTANCE PROCEDURE

Communications vary whether the member was Police, Fire, or Sergeant and above. If you are Police, make your first call to the Detroit Police Benefit & Protective Association, (313) 870-9301. Followed by either a call to the Detroit Police Officer Association, (313) 567-8770, or the Lieutenants & Sergeants (313) 961-5699, which ever applies.

While the Detroit Police Benefit & Protective Association will normally contact the City of Detroit with the information, it would be reasonable to follow up with a call to the Pension Bureau, (313) 224-3362 or 1 (800) 339-8344 and ABS at (800) 645-9978 to make sure that they were notified. Last but not least, notify the Retired Detroit Police & Fire Fighters Association at (586) 795-1734.

Fire employees, start by notifying the Detroit Fire Fighter Association, (313) 962-7546, the Detroit Firemen's Fund Association, (313) 628-0099, Detroit Fire Mutual Fund, leave message at (313) 237-3194, and the Police and Fire Retirement System (PFRS), (313) 224-3362 or 1 (800) 339-8344, extension 221.

The above agencies will assist you with the notification process. It would be a good idea to put this information with your secured legal documents or some other obvious place where your survivors can locate it.





IN MEMORIAM

Once again, we call the roll and acknowledge those friends and associates who have left us since our last publication. It is hard to let go of good friends but it is easy to remember the good times we shared and realize that now they rest in peace.

1	~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~	201	6
J	anuary	<i>201</i>	U

Name	Rank	Dept.	Appointed	Retired	Date of Death
Dyer, Kathleen	P.O.	Police	4-3-75	8-5-84	1-13-16
Grubb, Clifton	Insp.	Police	10-1-46	7-13-74	1-9-16
Michels, Dennis	P.O.	Police	6-23-73	6-23-98	1-25-16
Moroso, Peter	Sgt.	Police	8-3-53	7-5-79	1-25-16
Newsome, Charles	Sgt.	Police	9-4-73	1-31-91	1-31-16
Niekro, Martin	P.O.	Police	3-13-53	5-31-73	1-11-16
Ureel, Robert	P.O.	Police	9-1-54	10-31-75	1-17-16
Woron, Andrew	Sgt.	Police	7-18-55	7-18-80	1-26-16
Appel, Louis	FF	Fire	2-10-47	2-15-68	1-30-16
Kovach, Julius	Insp.	Fire	3-2-42	3-4-67	1-21-16
Roberts, James Jr.	FEO	Fire	9-24-62	3-4-76	1-24-16
Ureel, Marvin	FEO	Fire	6-11-51	8-24-83	1-10-16

February 2016

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Name	Rank	Dept.	Appointed	Retired	Date of Death
Boskovich, John	P.O.	Police	5-8-72	7-9-97	2-16-16
Branch, Daniel	P.O.	Police	7-11-74	5-9-84	2-29-16
Giacobozzi, Lawrence	Sgt.	Police	7-13-59	5-16-86	2-25-16
Hill, Gilbert	Cmdr.	Police	7-13-59	1-1-90	2-29-16
Hoston, William	Comdr.	Police	8-27-51	10-27-79	2-29-16
Johnston, Dale	Sgt.	Police	10-29-73	1-29-99	2-21-16
Kotsopodis, Christ	P.O.	Police	10-20-47	10-20-72	2-8-16
Mieczkowski, Marvin	P.O.	Police	3-27-78	1-15-04	2-25-16
Nicolai, Robert	Sgt.	Police	4-16-51	11-4-76	2-10-16
Ploe, Edward	Insp.	Police	7-6-54	1-5-91	2-27-16
Powell, Ronald	Sgt.	Police	5-26-77	1-15-03	2-10-16
Quarles, James	P.O.	Police	6-23-73	10-3-80	2-25-16
Scott, Carl	P.O.	Police	8-23-71	8-8-91	2-24-16
Wiltse, Earl	P.O.	Police	10-20-47	10-20-72	2-27-16
Zehel, John	Inv.	Police	1-17-72	2-1-97	2-14-16
Fields, Frank	FF	Fire	7-9-73	5-6-92	2-18-16
Johansson, Bertil	Bt. Chief	Fire	10-2-50	12-31-86	2-28-16
Kuhnlein, Edmund	FF	Fire	8-3-50	3-7-70	2-3-16
McQueen, Timothy	FP Insp.	Fire	9-12-88	11-1-14	2-7-16
Robinson, Harold (Ed)	FF	Fire	9-12-55	9-21-76	2-16-16
Tata, Frank	FF	Fire	9-12-60	9-25-79	2-24-16
Wallington, Robert	Capt.	Fire	10-5-70	1-5-00	2-3-16

March 2016

Name	Rank	Dept.	Appointed	Retired	Date of Death
Burke, Reginald	Comdr.	Police	7-6-54	3-9-90	3-2-16
, •					
Chambo, Norman	P.O.	Police	3-7-55	9-11-80	3-20-16
Dabliz, Joseph	P.O.	Police	9-8-69	2-1-90	3-25-16
Domengoni, Daniel	P.O.	Police	5-18-72	8-2-94	3-3-16
Lloyd, Robert	P.O.	Police	2-13-67	4-17-87	3-28-16
Mahinske, John	P.O.	Police	10-15-45	1-29-71	3-31-16
Rossi, Rocco	P.O.	Police	7-21-48	7-21-73	3-15-16
Wrobel, John A.	Lt.	Police	11-24-52	5-7-81	3-23-16
Cox, Raymond	FF	Fire	3-12-73	11-23-87	3-17-16
Hunsaker, Robert	Lt.	Fire	4-1-46	4-4-71	3-1016
Kantak, Robert	FF	Fire	1-17-49	8-25-70	3-2-16
Mulford, Herbert	Capt.	Fire	1-22-73	6-8-06	3-8-16
Narro, William	FEO	Fire	2-4-52	5-25-77	3-24-16
Pas, Edward	Bt. Chief	Fire	10-25-54	5-15-88	3-31-16

Members Letters

Hello and thank you all, for all of your hard work on behalf of us retirees. Thanks for everything & Hello and warmest regards to all Classmates of 3/7/1950 who are still with us.

Joseph Charette (Age 89) Fort Gratiot, MI

Please accept my check for the Legal Fund in memory of my husband, George Brooks. Also a special "Thank You" to Greg Trozak for his help with my Health Insurance enrollment.

Irene Brooks Chesterfield, MI

The enclosed donation is to be used where needed, in memory of my husband William (Bill) R. Cook. Bill very much appreciated, as do I all that you do.

Thank You!!

Rosalie Cook Howell, MI

Thank you so much for the call informing me of a damaged check. I would have been blaming you for not cashing it. As always you guys do good work. Use this where needed. Thank You.

Gene Skotzke

Please accept the enclosed check for the Legal Fund in memory of Bill Bolgar and Charlie Melvin. Thank you to all the RDPFFA Staff for all you do for us.

> Mike Gallaway Naples, FL



Thanks for the Great Job you're doing for us, God Bless. In Memory of my brother Don Yuhn DFD.

Delbert Yuhn Bakers Ville, NC

Please accept my donation for the Legal Fund in memory of Det. Sgt. Steve Radulovich. Thanks for all the hard work.

Edith (Lucy) Radulovich Grosse Pointe, MI

Happy New Year! Thanks again for your continued efforts in helping us all.

Ken & Jo Russell Livonia, MI

The enclosed check dated Feb 4, 2016 is a donation for the legal fund. We appreciate all that you do to help keep our pensions and benefits on target. We realize all the work and money it took during the bankruptcy proceedings and hope this donation will help you to continue the good work you are doing for the retirees.

Thank You.

Bob & Pat Marlow Farmington Hills, MI

Enclosed is a check to be used where it is most needed by the Association. Sue and I appreciate everything you have and are doing for the retirees. Keep up the good work.

David & Susan Sylvester Lake Placid, FL

Please accept this donation in memory of James Roberts (Mr. Roberts), and a member of RDPFFA, who passed away at his home in Lake Suzy, FL this January. Prior to being diagnosed with lung cancer, Jim achieved his one and only Hole-in-One at his home course, Kingsway CC. This was chronicled in the Unity which gave him and his family great joy. Thank you for your work and please use these funds to further the cause of our association.

Lucian Harbar Retired DPD Port Charlotte, FL

Enclosed check to be used for Legal fees incurred by the Association in performance of their duties. Thank You.

> William Cackowski Sun City West, AZ

> > (continued on page 13)

Members Letters

Thanks for your continued professional efforts to minimize damage done to us. Please apply this small donation to the memory of Francis Arbanas, a brave, strict, fair leader of men.

> Den & Mag Barton Caseville, MI

Please put this donation where it is needed the most. Thanks for being so vigilant in protecting our hard fought benefits.

> Jay & Geri Koby (Retired Sgt. DPD) West Bloomfield, MI

Please accept enclosed donation for the legal fund. You folks continue to do an excellent job for all retirees. Thank you!

> Len & Mary Riina St Clair, MI

Thanks for all your work for us. Accept this donation to the legal fund in memory of Raymond Lademan.

> Ron Stephen White Lake, MI

Enclosed are three checks. One each for the General fund, the Legal fund and the PAC fund. It's a small thank you for what the Association has been doing for all retirees. Thank you.

> John "Jack" Soncrant (Retired DPD 1986) Chesterfield, MI

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Please find enclosed a check for Legal Fund in memory of my husband, Edwin Felisiak. Thank you for all you do for us, I appreciate from the bottom of my heart.

> Loraine Felisiak Warren, MI

A "BIG" thank you for all the work you do for us, greatly appreciated. Accept this check and use where needed.

> Vahan & Diana Kapagian Prudenville, MI

Thank you for your dedication and hard work. The enclosed checks are for the Legal Fund and the PAC Fund. May our heavenly Father continue to give you strength and perseverance in 2016?

> Ron & Sue Sehn (Retired DPD) Central City, PA

I appreciate all of the work that you do for the benefit of the retirees. Please accept this donation to the legal fund in memory of Ron Wolber and Joe Pruchnik.

> Jim Purrington Whitmore Lake, MI

Thank all of you for what you do for the retirees. Charles & Dorothy Mahoney Las Vegas, NV

Just a small donation to help in the splendid job you're doing there. Use it for whatever you consider to be important. This is in memory of Larry Nevers a great cop! Keep up the Great work!

> Joseph Schrader Hillsboro, OR

Please accept the enclosed check for the Legal Fund in memory of Louis Meyers. Thank you all for your help, especially Greg Trozak.

> Ilene Meyers Boise, ID

This donation is in memory of Patr. Michael Czapski gunned down in front of "Rev" C.L. Franklin's "church" on March 29, 1969. Please join me in boycotting Aretha Franklin.

> Ralph Wilkewitz Eaton Center, NH

> > (continued on page 14)

Members Letters

Many thanks for your help in desperate times. Use this in remembrance of the Good Guys from old Homicide days.

> Neil Veneri Chesterfield, MI

A continued sincere Thank You to the Officers and volunteers who continue to work for the best interest of us retirees. Here's a check for the Legal fund in memory of Lt. Andy Zazula, Sgt. Don Andrizzi, PO John Chaperon and PO Danny Ellis.

> Dan & Jey Zemaitis Glennie, MI

Please accept the enclosed check for the RDPFFA Legal Fund in memory of my father Henry S. Sedmak and my brother-in-law, Leo Studzinski. Your efforts to preserve and protect the well-deserved benefits of police and fire retirees are greatly appreciated.

> Mike Sedmak Port Austin, MI

Enclosed is a contribution for legal expenses. Many thanks for all the time and effort spent in protecting our pension benefits.

> Mike Somero Warren, MI

How many times can we say Thank You for all you're doing for us! All of you have been doing a great job. God Bless.

> Lori & Dave Hewitt Syracuse, IN



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Please accept the enclosed check in honor of Sgt. William Schmidt, a DPD officer from July 8, 1957 to 1984. Thank you for your work in representing the good of the retirees.

> Donald & Cindy Rem Summerfield, FL

PAC Fund donation in memory of my former partners: Sgt. Ernie McMahon 12-25-97 and Jim Maggie 7-17-13.

> Rudy & Karen Banat Oakland, MI

Enclosed is a donation in memory of Fred Birch, Joe Wooley, George Wooley and Mike Tralka. Please use where most needed. Thank you to the RDPFFA Staff for all you do.

> Arlene Birch Clinton Twp., MI

We are pleased to support the RDPFFA so please accept this donation on behalf of the Retired Detroit Police and Fire Fighter Club of Florida. A donation to support the RDPFFA was discussed at a meeting. A motion was made to donate, the motion was seconded and the members agreed to give donation to the RDPFFA.

> Respectfully, President Donald Rem Summerfield, FL

Use this donation for the legal fund in memory of my husband Sgt. Jerry Hughes. Thank you to Don Taylor for your help with my medical insurance.

> Liz Hughes Spruce, MI

Sorry I missed you last year, but I didn't forget your dedication & commitment thanks a lot. "Today I thought of you a while and don't you know it made me smile! So here's a donation for the legal fund.

> Ken Borieo Naples, FL



VETERANS OF FOREI GN WARS OF U.S. POST 1519

Police and fire fighters looking for members. Must have overseas wartime service!

For information contact: Robert Siedlik at (734) 953-8558 or robs1278@gmail.com

Westside Silver Ladies

Geri Henningsen

Once, again I must report the death of another member of our Association. We dedicate this article in memory of Nancy Hay, widow of A. Gordon Hay (DPD) and longtime member. Nancy died March 2.

50/50 winners – January's luncheon was canceled due to inclement weather. I won for February and Martina Burke won for March. A note of thanks goes to Dolores Linn for donating greeting cards.

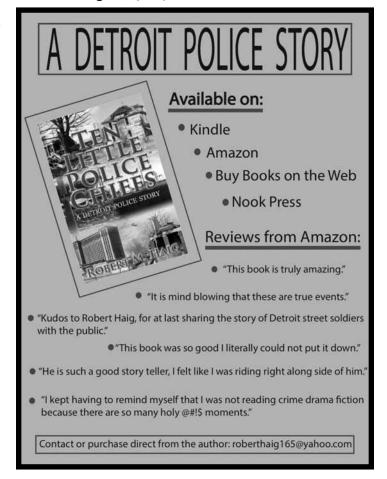
REMINDER: membership dues are due starting March 1. If you have not submitted by now, please don't delay. Send your \$12. (Still a bargain) to our treasurer, Meta Bateson, 1291 Shoemaker, Westland, MI 48185. Thank you, all who are up to date.

Our best wishes for a speedy recovery go out to Nancy Schmidt who underwent major surgery in March. Also, "thinking of you" and "missing you" thoughts are with Theresa Kelley, Marie McCarthy and Fran Murphy.

HAPPY BIRTHDAY to Ginny Kaltenback – (5/1), Geri Henningsen – (5/4), Theresa Zalewski – (5/7), Marie McCarthy – (5/12), Fran Murphy – (5/17), Elaine Wallace – (5/18) and Shirley Brandt – (7/27).

Thought for the day – "Don't pray when it rains if you don't pray when the sun shines." Satchel Paige.

Let's meet at Archie's Geri Henningsen, (734) 335-6778



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Son of retired member Eugene Zuzga - Trustee with Detroit Police Benefit and Protective Association



Sterling Heights 586-826-8550

Shelby Township 586-677-4000

Retired Detroit Police & Firefighters Association

The Twenty-Fifth Annual

Golf Outing for RDP&FFA Members & Guests

Friday, August 19, 2016

9:00 A.M. (Shotgun start) Hickory Hollow Golf Course 49001 North Avenue • Macomb, MI 1-586-949-9033

18 holes of golf with golf cart Breakfast (continental style) • Lunch and beverages Dinner at 3:00 P.M.

(choice of three entrees, deserts and beverages)

Draft beer and beverages served in the club house and designated areas on the golf course

Prizes for closest to the pin and other gifts and prizes.

\$75.00 per person with a gift for every registered golfer

Golfers *must register* individually before 8:30 A.M. to receive tee and cart assignments **Scramble format** with Shotgun start promptly at 9:00 A.M.

> Please return score cards after 18 holes of golf. No refunds for "no" shows.

Make checks payable to: RDPFFA (Golf) Send Check and This Registraton Form to: **RDPFFA**

> 2525 East 14 Mile Rd. Sterling Heights, Michigan 48310 Phone: 586-795-1734

REGISTRATION FORM

(This form must be completed properly for each Golfer)

DHONE

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Procedure to Obtain Retired Detroit Police Photo ID Cards

To obtain an ID card in person:

- Public Safety Headquarters 1301 Third Street, Detroit, MI 48226-2503
- Go to Central Photo for a digital picture (located on the 3rd floor of Public Safety Headquarters)

You will be directed to the 6th floor to Detroit Police Personnel to complete process.

Bring old DPD ID Card and Driver's License
 -They will keep your old ID card.

For further information call (313) 596-2810

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Frank Rossi: (586) 421-2155

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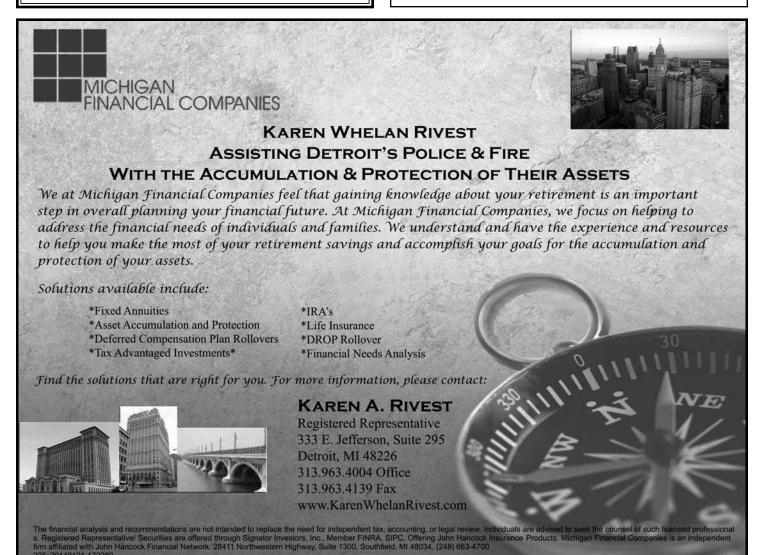


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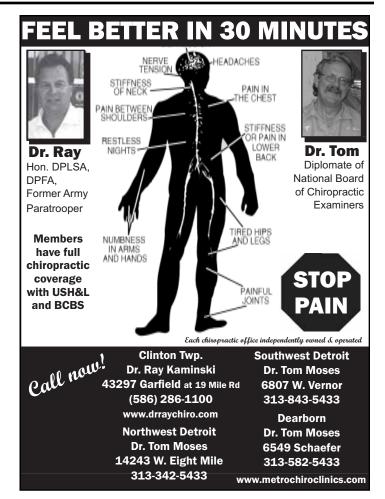
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Carol Curley

Spring has come. We can now accomplish the house projects and chores we promised ourselves we would do this past winter!

Our membership meetings were not missed in January and February. The weather allowed us to drive safety!

January 50/50 winner: Wilma Fulton

February: Carol Bender

We did not have a March meeting but a fun 24th anniversary dinner at one of our favorite restaurants. We had a terrific waitress, happy conversation, and good food! Thanks go to Carol Bender, C. Curley and Marcy Rolf for colorful decorating door prizes and our celebration cake!

Our birthdays for

June: Marcy Rolf, June Gusler, Millie Stone,

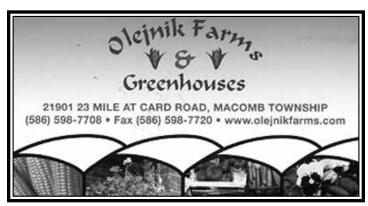
Delphine Marciniak.

July: Marilyn Golumbosky, Wilma Fulton

April will take Marcy Rolf on vacation to South Carolina. Wilma Fulton will be going to California in May for her granddaughters wedding!

July will be our summer picnic but no hurry – the year is going fast enough!

We miss you at the monthly meetings. Please come and join our east side fellowship. For more information call Judy Wagner (Protem) (586) 294-9314



PLEASE NOTE:

The RDPFFA would like to recognize and thank Olejnik Farms for their generous contribution of flowers adding to the beauty of our building grounds.

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Keep your eye on the ball

Leon C. LaBrecque, JD, CPA, CFP®, CFA LJPR Financial Advisors

With baseball season upon us it's the perfect time to think about financial planning the way we'd think about baseball. Here are some investment and money management tips in the language of America's greatest pastime...

- 1. **Keep your eye on the ball.** Know your goal and what you want and focus and concentrate on that objective.
- 2. **Get on base.** You strike out more when you swing for the fence. The game is won by getting on base and getting home. Homers are dramatic, but rarer.
- 3. **Have a good team.** You can't win with just a slugger. You need offense and defense. Good pitching, good fielding and good hitting. Maybe your bond funds are your defense (outfielders to stop the opposition). You slugger might be emerging markets or small caps (in a slump right now). You pitcher might be your index fund, to get you through the innings.
- 4. **It's a long game: nine innings.** You can't walk out of the game in the third inning. You have to play them all. Have your players (investments) ready for the whole game. And you have a whole season as well. But...
- 5. **Pull your pitcher** if they get in a slump. Great pitchers can go south. Managers will pull a pitcher to win the game.
- 6. **Trade players** that are too expensive or underperforming. Ever see a really expensive player that doesn't perform? How about a really expensive stock that doesn't perform? What do you do with both? Swap them out for something else.
- 7. **Don't swing at every pitch.** This is a really good one. Don't fall for every investment idea that comes down the pike. Watch you pitches and choose carefully. You might miss some good ones, but you will miss some losers.
- 8. **Watch the fastballs**, but they can be moonshots. The fastball is hard to see and hard to hit. But when a good batter connects, now it can be out of there. Some good investment opportunities are like fastballs: hard to see and hard to hit. But catch them right and you can put it out of the park.
- 9. **Listen to your coach.** Player get emotional and want to outguess themselves. A good coach will try to keep the players level headed. Ever see the pitching mound conferences? Those are to get back on track. Let reason, not emotion, drive you game. And...
- 10. **Remember MoneyBall?** Analytics can help you find undervalued players (investments). Create a methodology to find the best players for the future at the best price, and hopefully some under looked candidates. You can put together a winning team.



Leon C. LaBrecque, JD, CPA, CFP®, CFA LJPR Financial Advisors

5480 Corporate Drive, Suite 100 | Troy, Michigan 48098

Phone: 248.641.7400 | Fax: 248.641.7405

Email: leon.labrecque@ljpr.com

Twitter: @leonlabrecque

www.linkedin.com/in/leonlabrecque



Greetings from sunny Florida

While down here, Jey and I have enjoyed attending the Florida Club meetings of which we are members as well. They have always treated us very nice. Our "Snowbird" member, Adelaide Summers from National City, MI attended the February meeting.

It happens every winter we have occasion to run into retired D.P.D. Sergeant George Arreola at some church or mobile home park rummage sale and that gives us a chance to talk.

Sure glad we put our phone number in the police papers because I got a call from Leroy Lang whom I went through the academy with some 50 some years ago and lost touch with. Also received a couple calls from Joe Schmidt whom I worked with at old #16, which became #8, then became boarded up and maybe even torn down now. It was really good to talk to Joe, a really great guy.

Received correspondence from: Lorraine Perry, Betty Zazula, and Jerry and Evelyn Brehm - Thank You! Jerry and Evelyn are getting additional informa-

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tion for Jey who is setting up a trip to the U.P. for the Pictured Rocks this summer.

Just a reminder: Our first Snowbird meeting of 2016 will be May 15th at 1 p.m. @ J's restaurant in Gaylord on Center St. (Old 27), because of Mother's Day on May 8th.

Get Well thoughts and prayers go out to Ted Farguhar, Ernie Huffman, Lorraine Perry, Della Rozanski, Nancy Schmidt and Ray and Dorothy Heise.

March Birthdays: Phyllis Wagner, Richard Vanleen, Violet Prater, Elizabeth Dewaelsche, George Perry, Cornelius Reyst, and Jerry Rozanski

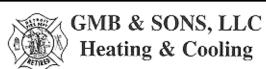
April Birthdays: Georgette Gekiere, Maryann Ponik, Mike Kniaz, Mary Stano and Pat Shaheen

May Birthdays: Marsha Dreslinski, Moe Gekiere and Doris Shumaker

May Anniversaries: Ted and Maryann Ponik, Jerry and Evelyn Brehm and Bernie and Robin Mueller

In the meantime, support our RDPFFA as they are still working hard on our behalf.

Take care and God Bless





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RETIRED DETROIT POLICE AND FIRE CLUB OF FLORIDA

Donald Rem

Hello from Florida.

The Annual Banquet Dinner was held at the Clear Water Country Club, last month. Most recently, everyone was pleased to inform me, they were very satisfied with arrangements, and delighted with their choices of food.

Those celebrating a birthday are Majia and Ron Goosen which returned from a Caribbean cruise. Ron explained about the memorable trip.

Members celebrating birthdays are Dan Zemaitis, Marvin Kammer, Thomas Burke, Morris (Mo) Gekiere, Bob Michalak, John Petrangelo, George Stansbury and, Ken McNicol. In attendance where Ken's two sons, Bruce and John McNichol. Both sons retired from the DPD.

Long time members in attendance where Ken Hadeen, George Stansbury, Al Bensmiller, and Frank DeMercy to name a few. Rev. Ron Goosen and Jim Bateson were recognized as the clubs past President's.

At the previous meeting our club hosted a Pizza Party, of which the 50/50 drawing was won by Bill Peplinski and Nancy Schmidt, the gift bag by Donald MacDonald and Majia Goosen won the Retirees Baseball hat.

Celebrating an anniversary were Dan and Jey Zemanitis.

We have lost members Earl Wiltze, (DPD) and Nancee Hay (widow to Gordon Hay a DFD retiree.

As a new retiree and President now for 12 months, I am grateful and look forward to meeting everyone next season. This will be the first year that Detroit will not contribute to our health insurance. Therefore, our meetings will be more important for the clubs retirees.

FRANK P. RUFFINO, D.D.S.

COSMETIC AND FAMILY DENTISTRY

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Before this edition is posted, the Florida Club will be on summer break and some snowbirds will be leaving for up north. The next regular club meeting, place is the Hillsborough County Library, located at 619 Vondenburg, Brandon FL. 33511, off Parsons Rd, south of 60.

On our get well list are William Larson and Nancy Schmidt and Morris (Mo) Gekiere.

Our members have lost a good friend Earl Wiltze. Well, until next time you can reach me at (313) 737-1854 or e-mail me at differentstrokes@yahoo.com.

Don't forget to donate if you can to the RDPFFA and your union, for they represent us.

Stay Safe and Well.

THE DETROIT AREA AGENCY ON AGING

needs volunteers for the Friends of Detroit Meals on Wheels Program!

Volunteers will take an hour out of their day once per week and deliver a hot lunch to a homebound senior in Northwest Detroit. Deliver as an individual or as a group! Deliver with family, or friends!

Volunteers may choose to deliver once per week or more frequently if they choose; it's up to your schedule!

For more information contact:

Misha Stallworth

Volunteers and Advocacy Coordinator
at 313-446-4444 ext. 5818 or
stallworthm@daaa1a.org

13th Precinct

Quarterly Retirees' Luncheon

11:00 A.M. - 2nd Tuesday of March • June • September • December Roger's Roost 33626 Schoenher Rd. Sterling Heights, MI 48312

(586) 979-7550

EYE CARE UPDATE 2016

Metropolitan Eye Center, also home of Lakeshore Eye Surgery Center, will always provide the latest and safest treatments available for our patients. As a full-service Eye Center, and State licensed Surgery Center, with an on-site Optical Studio, you can be assured we will do whatever we can to make your vision the best it can possibly be. Here are just *some* services we provide.

VITAMINS

According to the Seddon Harvard University study, Lutein and Zeaxanthin have been correlated to a 43% lower prevalence of Age-related Macular Degeneration (AMD). Lutein protects the retina by functioning as an antioxidant and by blocking harmful ultraviolet radiation that can damage the delicate macular tissue.

Antioxidants from Vitamin C, Vitamin E, Zinc, and Selenium have been shown to stabilize and prevent further progression of AMD. Patients who have already developed

the disease are encouraged to take a vitamin with high doses of Lutein and antioxidants to minimize further loss of vision. Vitamin supplements designed specifically for the eye (MaxiVision) are available in our Optical Studio. Specific dietary components, particularly the carotenoids found in dark green leafy vegetables have shown great promise in reducing the incidence of AMD. Vitamin supplements are readily absorbed from the gastrointestinal tract resulting in increased blood serum levels and macular pigment density. Omega3 supplements available in purified fish oil enhance the beneficial effects of these vitamins. High concentration pharmaceutical-grade supplements are recommended for optimum effect. These supplements are also available in our optical studio.

CATARACTS AND CUSTOM CHOICE IMPLANTS

If you believe you may have a cataract, don't worry. Every year, 3 million Americans have cataract surgery. Modern cataract surgery has developed into one of the safest, most successful and most patient 'friendly' surgical procedures available. The improvement to your vision can be life changing. With the latest advancements in laser-assisted surgery, multifocal and astigmatism correcting lens implant technology, we are able to offer even more dramatic vision changes to improve not only your distance vision, but also your intermediate and near vision, as well. It is quick and painless and almost always results in a dramatic improvement in vision for the patient. That's good news since cataracts are a normal part of the aging process!

The first step is to have a complete eye examination to determine what type of implant is right for you!

GLAUCOMA TREATMENT

EOFTH

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It is estimated that almost 50% of people who have glaucoma don't even know they have it because they have not had a comprehensive eye exam. The pressure in the eye is unusually elevated in patients with glaucoma, but there is no pain or visual loss until it is too late. Left untreated, vision gradually declines and eventual blindness will result.

by your doctor during your comprehensive eye exam. Early treatment can prevent visual loss. Advances in treatment include new eye drops called prostaglandins and a revolutionary laser treatment called SLT. Using SLT to treat glaucoma, doctors can eliminate the need for eye drops in some cases! You have a higher than normal risk for glaucoma if you are African American, have a family history of glaucoma, or had an eye trauma. For more information, go to our website, or call for an appointment.

LASER VISION CORRECTION

We are delighted to be using the Bausch & Lomb Zyoptix™ Personalized Laser Vision Correction System for the treatment of nearsightedness and astigmatism. This revolutionary technology is enhanced by the use of an additional space-age laser, INTRALASE ^R that creates the LASIK flap without the use of a blade. We call this 'High Definition Vision'! The advanced diagnostic system used analzyes thousand of data points across the entire eye - to produce a personalized vision treatment plan.

By using the B&L Zyoptix System for traditional LASIK or PRK, our doctors are able to treat most patients who desire to eliminate or reduce their need for glasses.

The good news is that the LASIK procedure *may be* covered by U.S. Health and Life for current and retired Detroit Police and Fire Fighters.

AGE-RELATED MACULAR DEGENERATION TREATMENT

Age-related macular degeneration (AMD) is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving. AMD affects the macula, the part of the eye that allows you to see fine detail. AMD causes no pain.

In some cases, AMD advances so slowly that people notice little change in their vision. In others, the disease progresses faster and may lead to a loss of vision in both eyes. AMD is a leading cause of vision loss in Americans 60 years of age and older.

For a complete medical eye examination to determine if you have AMD and how we can help, call us today for an appointment.

Shorepointe Optical Studio - 586/774-9320



586-774-0393

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