

SearchLight

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CCPOA Benefit Trust Fund

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We present this issue of SearchLight for your education and enjoyment. We produce this publication three or four times a year, as the whim strikes us. If you have any benefit questions, please call the Trust. Don't count on your buddy, because he got his information from some guy in a van parked outside the wall.

No One is Getting Any Younger: A Deconstruction of Medicare

By Elsa Rapp, Outreach Manager, Blue Shield of California

Who is eligible for Medicare? When do I enroll? How much will Medicare cost me? Are there penalties? Will Medicare work with my retirement health plan?

As a health plan professional who educates people on Medicare, I hear many of the same questions, over and over again. No one learns about Medicare until they need it.

Medicare is a government-run, fee-for-service health coverage for people age 65 or older and people under age 65 with certain disabilities. It helps cover out-of-pocket expenses for certain services. A Medicare beneficiary can use any doctor or hospital that accepts Medicare. The most important thing to know about Medicare? It's a starting point for most folks turning 65. Medicare was never intended to be complete health care coverage! The good news is Medicare will work with CCPOA retirement plans.

To be eligible for Medicare, you or your spouse (or ex-spouse) needs to have worked forty quarters or ten years, and have paid into Medicare. If you're not sure that you have met this eligibility, a quick call to (800) MEDICARE will put your mind at ease. If you are short on quarters, a quick call to your CCPOA Benefits Administrator will be your next step.

Medicare enrollment is a seven-month window: The three months before your 65th birthday, your birthday month, and three months after. You can also delay your enrollment into Medicare if you are still working and covered by an employer

plan. You have three ways to enroll with Medicare. You can call (800) MEDICARE, visit medicare.gov, or have a face-to-face appointment with your Social Security office. I suggest making an appointment first to avoid long lines. Although you can enroll three months prior to 65 birthday, you won't be able to use benefits any sooner than first day of the month you turn 65.

Most folks turning 65 will pay \$99.90 per month for the Part B premium. Part A is premium-free if you meet the forty quarters or ten years requirement. If you sign up for Part B when first eligible, you have no penalties. You also avoid penalties if your retirement health plan or drug plan is equal to Medicare benefits or greater. This can be easily verified by asking your CCPOA Benefits Administrator.

Finally, a word of caution to every reader who is turning 65: You are a hot commodity to all health plans that offer Medicare Advantage or Medicare Supplement plans. I can only imagine how full your mail boxes have become with ads! Only respond to communications that come from CCPOA or CalPERS. Always confirm with your Benefits Administrator that you are filling out the correct application or paperwork. You can recycle everything else that doesn't come from your retirement program.

Remember, as a CCPOA member you are fortunate to be part of a group that has coverage options in addition to Medicare. Medicare coverage works with your CCPOA Retired Medical Plan.



Suicide Among Corrections Officers: It's Time for an Open Discussion

An article by Michael Pittaro, assistant professor, criminal justice at American Military University, had a sobering and open study of something most of us don't want to think about: suicide.

As a young corrections officer starting in 1989, Pittaro was exposed to a plethora of research that focused on the various causes of and responses to prisoner suicides. Yet throughout his 20-year career in corrections, he noticed very little (if any) attention was paid to the issue of correctional officer suicides. Corrections employees were not supposed to appear emotionally vulnerable or fragile, so discussion of suicide within the profession was a taboo topic. Nobody wants to be perceived as weak within the profession, so showing emotional vulnerability which people take as emotional instability, is just not discussed.

Very little has been written about suicide among correctional officers. As a university professor, Pittaro goes into great depth about the risks of stress, burnout, depression, and suicide rates among police officers, but the topic was rarely, if ever, discussed in his corrections courses. He set about to change that.

EXISTING RESEARCH ON SUICIDE IN CORRECTIONS

Research studies have found high suicide rates in the corrections field. A 2009 New Jersey State Police Task Force Study found that corrections officers have a suicide rate that is twice as high as the rate of police officers and the general population.

A 2013 U.S. Department of Justice's Programs Diagnostic Center Study found corrections officers:

- Have a much higher rate of suicide than those in other occupations
- Experience some level of post-traumatic stress disorder (PTSD) during their careers
- On average, will not live to see their 59th birthday

The Bureau of Labor Statistics (BLS)

conducted one of the few studies specifically addressing correctional officer suicide and found that 38 percent of the intentional fatalities were suicides by self-inflicted gunshot wounds.

Not only is that tragic, but the real number may be much greater, because the BLS only reports suicides that occur in the workplace.

ENHANCE AND EQUIP EAPS

Pittaro feels it is imperative there are resources to provide assistance to officers who need it. Corrections professionals need to spearhead a discussion about suicide. Many agencies have an Employee Assistance Program (EAP). However, Pittaro has recommendations on how EAPs must be tweaked to provide the necessary support.

EAPs must be administered by specialized professionals who:

- Have advanced knowledge of the corrections field
- Are familiar with the agency and its policies and procedures
- Understand the current issues that may have an adverse influence on corrections officers and their families
- EAP programs must be easily accessible to corrections officers and
- Equipped to address a wide range of mental health and substance-abuse issues.

ESTABLISH CRITICAL INCIDENT RESPONSE TEAMS

In addition to robust EAPs, Pittaro writes, agencies must set up a critical incident response team. These teams would be tasked with evaluating corrections officers after critical events, and following up with them after the incident. Not just the first few days, but in the following weeks, and months

Administrators should maintain a referral network of clinical providers who offer confidential critical incident stress management services.

ENGAGE FAMILY MEMBERS

Family members and loved ones can also benefit from counseling after a traumatic event. Organizations should offer in-service and family trainings that address stress and wellness issues, says Pittaro.

CCPOA Medical Plan members have insurance coverage for mental health, behavioral health, and substance abuse needs.

To find out about this coverage, and find a provider call 1-800-257-6213 or visit www.blueshieldca.com

As reluctant as many officers are to request help, pride should not be hinderance to help. The goal in all of this is to prevent a needless and tragic suicide. Families are the first best line of help and support for their affected family Members. Giving them the tools and resources they need to identify symptoms and early warning signs of suicide is a goal worth pursuing. And it's time to get the discussion started..

Michael Pittaro's article appeared on inpublicsafety.com/

Animal & Human Bites

Minor animal and human bites usually can be treated at home. If you do not have an increased chance of getting an infection, do not have other injuries, and do not need treatment by a doctor or a tetanus shot, you can clean and bandage a bite at home.

TREAT BLEEDING

Stop the bleeding with direct pressure to the wound.

After you have stopped the bleeding, check your symptoms to determine if and when you need to see your doctor.

CLEAN THE WOUND

Clean the animal or human bite as soon as possible to reduce the chance of infection and scarring.

- Wash the wound for 5 minutes with large amounts of clean water.
- **Don't** use rubbing alcohol, hydrogen peroxide, iodine, or Mercurochrome, which can harm the tissue and slow healing.
- Some bites cause only bruising (contusions) at the bite site but do not break the skin. These bites usually do not become infected.

STITCHES, STAPLES, OR SKIN ADHESIVES (ALSO CALLED LIQUID SKIN)

Determine whether your bite needs to be treated by a doctor. Bites may need to be closed with sutures, staples, or skin adhesives so that they won't leave a large scar. Bites to the hand are not usually closed because closing the bite wound may increase your chance of having an infection. Cat bites are rarely closed because they are usually no larger than a puncture.

Your doctor will tell you how to take care of your stitches or staples and when to return to have them removed. Skin adhesives usually do not need to be removed, but your doctor may wish to see you to check on the wound. Be sure to carefully follow your doctor's instructions. If you are unsure of how to care for your wound or have questions, call your doctor for instructions.

CONSIDER APPLYING A BANDAGE

Most bites heal well and may not need a bandage. You may need to protect the bite from dirt and irritation. Be sure to clean the bite thoroughly before bandaging it to reduce the risk of infection occurring under the bandage.

Select the bandage carefully. There are many products available. Do not use liquid skin bandages and moisture-enhancing bandages unless your doctor tells you to. These types of dressings may seal in bacteria that could cause an infection.

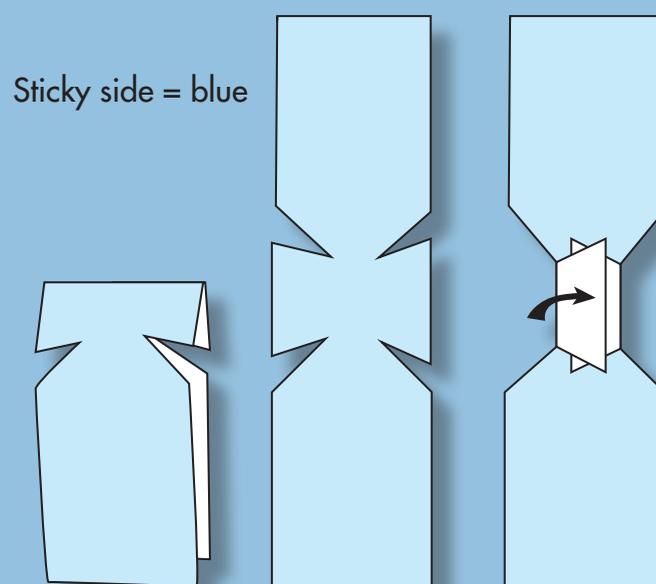
If you use a cloth-like bandage, apply a clean bandage when your bandage gets wet or soiled. If a bandage is stuck to a scab, soak it in warm water to soften the scab and make the bandage easier to remove. **Petroleum jelly, such as Vaseline, will keep the bandage from sticking to the wound. Apply a thin layer of petroleum jelly to the wound.**

Watch for signs of infection. If an infection develops under a bandage, a visit to your doctor may be needed.

Use an adhesive strip to hold the edges of a wound together. Always put an adhesive strip across a wound to hold the edges together, not lengthwise. You can make a butterfly bandage at home or purchase one to help hold the skin edges together.

How to make a butterfly bandage:

- Cut a strip from a roll of 1 in. (2.5 cm) adhesive tape and fold it in half lengthwise, sticky side out.
- Cut notches into tape as shown below.
- Unfold the tape, then fold the notched pieces together, sticky side in. The center of the tape will be non-sticky. Keep this part clean since it will be over the wound.
- Place one sticky end of the tape on the skin to one side of the wound, then pull the other sticky end tightly across the wound to close the wound edges. If the wound is long, more than one bandage may be needed.



WORLD-WIDE WEIRD DEATHS

Found online. That makes it true.

mandatory.com; slightlywarped.com; buzzfeed.com

1. Brazilian Joao Maria de Souza was killed in 2013 when a cow fell through his roof onto him as he slept.

2. Clement Vallandigham, a 19th century US lawyer, accidentally shot himself dead while defending a murder suspect – because he was trying to demonstrate that a supposed victim could have accidentally shot himself dead. (It worked, because his client was acquitted.)

3. Canadian lawyer Garry Hoy died while trying to prove that the glass in the windows of a 24th floor office was unbreakable, by throwing himself against it. It didn't break - but it did pop out of its frame and he plunged to his death.

4. In 2007 the deputy mayor of Delhi, Surinder Singh Bajwa, died falling off a balcony while trying to fend off a troupe of attacking monkeys.

5. Monica Meyer, the mayor of Betterton, Maryland, died while checking her town's sewage tanks – she fell in and drowned in 15 feet of human waste.

6. Sigurd the Mighty, a ninth-century Norse earl of Orkney, was killed by an enemy he had beheaded several hours earlier. He'd tied the man's head to his horse's saddle, but while riding home one of its protruding teeth grazed his leg. He died from the infection.

7. The owner of the company that makes Segways died in 2010 after accidentally driving his Segway off a cliff.

8. Robert Williams, a Ford assembly line worker, is the first human in history to have been killed by a robot. He was hit by a robot arm in 1979.

9. In 1923, jockey Frank Hayes won a race at Belmont Park in New York despite being dead — he suffered a heart



attack mid-race, but his body stayed in the saddle until his horse crossed the line for a 20–1 outsider victory.

10. US congressman Michael F. Farley died in 1921 as a result of shaving – because his shaving brush was infected with anthrax.

11. Edward Harrison was playing golf in Washington state in 1951 when his driver snapped, and the shaft lodged in his groin. He staggered about 100 yards before bleeding to death.



12. In 1900, American physician Jesse William Lazear tried to prove that Yellow Fever was transmitted by mosquitoes by letting infected mosquitoes bite him. He then died of the disease. Proving himself right.

13. Russian physician Alexander Bogdanov performed pioneering blood transfusions on himself, believing they would give him long life. They actually killed him after he suffered an adverse reaction.

14. Austrian tailor Franz Reichelt thought he'd invented a device that could make men fly. He tested this by jump-

ing off the Eiffel Tower wearing it. It didn't work. He died.

15. In 1567, the man said to have the longest beard in the world died after he tripped over his beard running away from a fire.

16. British actor Gareth Jones died of a heart attack while performing in a live televised play in 1958 – in which his character was scripted to have a heart attack. The rest of the cast improvised around his death and finished the play.

17. Mary Ward was a pioneering Irish female scientist who is sadly better known as the first person in history to ever be killed in a car accident – while driving with her family in their experimental “road locomotive steam engine”.

18. Carl Wilhelm Scheele was a brilliant Swedish chemist who had an unwise habit of tasting all the chemicals he discovered. He died in 1786 as a result of his exposure to lead, hydrofluoric acid, arsenic and various other poisons.

19. General John Sedgwick was killed by a sniper in the American Civil War shortly after uttering the words “They couldn't hit an elephant at this distance.” (Contrary to popular belief, though, they weren't his last words.

They were his second-last. His last words were agreeing that dodging was in fact a good idea.)

20. Health fanatic Basil Brown managed to kill himself by drinking a gallon of carrot juice a day, in the belief it would make him healthy.



BUSTED

Off-beat news stories about crime and such...

Look Who's Calling

Larry Barnett, a used car dealer in Jonesboro, Ark., had a problem: He owed a former employee a lot of money. Rather than pay what he owed, Barnett allegedly decided to solve the problem by having the employee killed. (World's worst boss?) So Barnett allegedly contacted a hit man, and the two began discussing various details about the target, like where he lived, and why he needed to die. In the middle of this discussion, according to police, Barnett somehow accidentally called the intended victim, who proceeded to eavesdrop on Barnett's plan.

According to KAIT8.com, the alleged target went to the police. (And not a moment too soon, either: He returned later to find his house had been burglarized and his gas stove "tampered with.") The cops arrested Barnett, and afterwards were very confused about how something as dumb as this could happen. "I've been here now for 25 years and I've never recalled a time when a subject has accidentally, if you will, 'butt-dialed' someone they're either trying to commit a crime against or the possible victim of the crime," a local cop told the media. *slate.com*

You Can't See Me

A man tried to rob a bank after paying \$500 to a wizard to make him invisible. Unfortunately, for one man in Iran, the sorcerer was a fake. The wizard gave him a set of spells to tie to his arm.



Things started to go wrong after he entered a bank and started randomly snatching money from the hands of customers

The man told the court, 'I made a mistake. I understand now what a big trick was played on me.' *factualfacts.com*

Drive You Crazy

How do you celebrate your 50th birthday in style? Rent a limo, cruise in style, then rob your own ride, of course.

Melanie Roberts, of Willimantic Connecticut had just returned from a birthday bash in New York City when she got into a dispute with her limo driver over the amount due for the ride.



Doing what was obviously the best thing, she took the keys from the limo, ran into her house and got a loaded 9mm and went back outside, threatening to shoot out the tires. She then reached inside the limo and grabbed the clipboard containing money and her contract.

Roberts took off and the driver called 911. Police found her in the same parking lot a few minutes later. *nbcconnecticut.com*

Police solve case of the missing bacon

A Grand Rapids resident told police last week that someone had entered his home during the night and taken five pounds of bacon from the refrigerator.

Upon further investigation, police discovered his wife had gotten up for a late night snack, but was afraid to admit it.

stupidest.com

Lost Drugs? Call Us

Police in Northeast Ohio hoping to figure out who left a bag of methamphetamine in a hotel room posted a headline saying their department "feels horrible for the owner's loss and wants to help."

The tongue-in-cheek message posted to the Macedonia police Facebook page asks the owner of the drugs to call or stop by to claim them so officers can, in their words, "make your day." Police haven't identified who rented the room using a gift card, but have posted a photograph showing a baggie containing a \$160 gram of high-grade crystal meth. *pantagraph.com*

#NotToBright

Orem, Utah police were being taunted online. They were notified of a Facebook post that showed a 24-year-old man standing in front of a patrol car at a 7-11. Using foul language and questioning why they were in his "hood."

A few days later, Richard Ramirez, the man in the post was arrested for a misdemeanor assault case. Police then posted their own taunt saying the "City of Orem is OUR 'Hood.'"

Their Facebook response said "We didn't know the 7-11 was your 'Hood.' Which is super gangsta because nothing makes you look tougher than throwing up gangs signs while sipping on a banana and blueberry Slurpee."

The post ended with the hashtags "#sorrynotstorry" and "#thepokeyisyournewhood." *pantagraph.com*

Give'r The Gas

Vade Arrun Bradley, of Hayward, CA had recently received an eviction notice. To make matters worse, he didn't have enough money to fuel up his car so he could pack up his stuff and move out. Bradley clearly picked the best course of action: He would siphon the gasoline he needed from his neighbors' cars.

While sucking your neighbor's gas may be a bit low-life, stupidity came into play in the middle of siphoning when Bradley decided to take a smoke break.

When the fire department showed up minutes later, the entire carport was on fire, and approximately \$200,000 worth of damage had been done to Bradley's neighbors' now-incinerated cars. When he was arrested on arson charges, he had developed a black eye because one of his enraged neighbors had punched him in the face. *slate.com*



Bloody, half-naked man through your windshield? No jail for you.

The bizarre story of justice gone sideways

Flashback to 2006. Sherri Lynn Wilkins had been a both a heroin addict and an alcoholic. She needed to turn her life around, and in what can only be called a success story went to college for addiction treatment, and landed a job working as a drug and alcohol addiction counselor at Twin Towns Treatment Center.

Flash-forward to November of 2012. Wilkins struck and killed 31-year-old pedestrian Phillip Moreno. The impact was strong enough to knock off both Moreno's shoes and pants, and throw his body face down through the windshield. Instead of stopping and trying to help, she just continued to drive with the dying man on her car's Windshield. Not for a block. Not for a mile, but for two miles.

Other people, alarmed at what they saw, confronted her at a stoplight, boxed in her vehicle with their own, until she finally pulled into a gas station where they called police.

Wilkins merely said that Moreno seemed to jump in front of the car.

Officers searched her car and found two mini-bottles of vodka and a 40oz beer, along with a receipt showing they had all been purchased earlier that evening. A breathalyzer test at the gas station placed her blood alcohol level at .17 – more than twice the legal limit.

The L.A. County District Attorney's Office stated that Wilkins has "two prior burglary convictions and is a third striker." Other priors included drug possession, prostitution and burglary. She faced life in prison following charges of: one felony count each of murder, gross vehicular manslaughter while intoxicated, DUI causing injury, driving with a .08 percent or higher blood alcohol causing injury, and leaving the scene of an accident.



The Trial – January of 2014. Public defender Nan Whitfield argued a unique defense. Sure she drank all that booze and then got behind the wheel, but it was impossible that Wilkins could have been drunk when her car struck Moreno's because "there was not enough time for her body to metabolize the alcohol." (*Arguing she did this sober helps the case how?*)

The jury saw right through that argument, and Wilkins was sentenced to 55 years to life in prison.

BUT THEN... The case was appealed, (of course) and a California appeals court **overturned** the second-degree murder conviction. No jail for you Sherri Lynn. Have a nice day.

HUH????!! Now, it's your turn. What do you think was the compelling reason for the reversal? *To find out, turn the page upside down...*

The court did allow prosecutors to retry the case. As of now no new motion or date has been set.

The trial of Sherri Lynn Wilkins was marred because her entire criminal history – a rap sheet that included drug possession, prostitution and burglary – was admitted as an exhibit and could have prejudiced the jury, the 2nd District Court of Appeal ruled. Whether or not defendant was criminally liable for killing Moreno the long list of arrests and convictions created a significant risk that the jury would improperly decide that:

1. She had committed other Crimes,
2. She would commit crimes in the future, and
3. She posed a danger to society in general and should be punished

The court did allow prosecutors to retry the case. As of now no new motion or date has been set.



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12 Week Academy. The backstory.

A brief look behind the scenes of where we work.



THE HISTORY

California's state prison-officer academy was shortened from 16 weeks to 12 weeks as of July 2015. Not that long ago, such a change would have been unthinkable. The agreement was made more palatable through negotiations that also re-established a commission to oversee training standards for correctional officers. It took the CCPOA and Gov. Jerry Brown's administration 4 years of negotiations to agree on a plan.

When the CCPOA was just starting, a 16-week academy was a large part of the plan to elevate the professionalism and safety of front-line prison staff.

Better training standards for officers led to a higher regard for the job, a more professional work force and by extension, higher wages and better benefits.

However, court orders over the last several years, have resulted in cuts to the state's prison population. Placing more offenders in local jails also reduced the number of inmates in state prisons. The state then shut down its cadet academy in Galt, thinking new hires would not be a priority.

What they didn't count on was the hundreds of officers who retired each month. With the pipeline of new employees effectively cut-off, overtime among prison officers soared.

Now the correctional system needs to hire 7,000 officers within the next three years.

THE NEGOTIATIONS

"Ten or 15 years ago, Corrections wasn't facing up to 1,800 staff vacancies or the potential release of 8,000 inmates," said CCPOA spokesman JeVaughn Baker. "Ten or 15 ago we weren't facing the same challenges." And in light of these challenges CCPOA and the Brown administration agreed to the new 12-week academy. Essentially this results in an extra

graduating class out of each fiscal year.

While the math may not work out to 7,000 new officers in three years, the deal will allow Corrections to graduate up to 264 more cadets each year. By the end of 2016 there could be more than 1,000 new correctional officers.

Ten or 15 years ago, Corrections wasn't facing up to 1,800 staff vacancies or the potential release of 8,000 inmates

BRING BACK THE C-POST

Some CCPOA members will undoubtedly feel the shorter course is a "demotion" of their profession. So before the CCPOA signed on to the deal, they insisted on reactivating the C-POST (Correctional Peace Officer Standards and Training) program. One existed in the fairly recent past, but it was defunded during the Schwarzenegger administration.

Back in the day, the C-POST board had six members – three appointed by the department and three appointed personally by the governor. In real world terms, this meant that no CCPOA members were guaranteed a seat.

This time around, three of the seats on the board will be rank-and-file members. It is the desire of all parties that the new C-POST board will be useful for both the profession and the department. It will take work, and time, but in the long run it should make for a better workplace for all our members.

www.correctionsone.com; facebook.com/ccpoa; sacbee.com



FACE IT

Depending on who you are, and whom you're looking at, your assessment of a crowd - as an angry mob or happy party-goers - will be different. Emotions and sex appear to influence how well we judge the mood of a crowd.

In a study by Hee Yeon Im of Harvard Medical School, when shown images of faces in a crowd, participants were better at identifying happy female crowds and angry male crowds. Subjects didn't do so well when the situation was reversed, according to research presented at the annual meeting of the Society for Neuroscience.

What's more, an angry male crowd was judged to be angrier than a crowd of angry women. Conversely, female happy faces were judged to be happier than an equally happy group of men. The sex of the people in the crowd appears to influence how a person perceives emotion.

Also playing into the assessment is the viewer's anxiety. People who had more anxious traits were faster to assess a crowd than less anxious people. Snap judgement comes at a cost: anxious people made more mistakes in recognizing a happy crowd.

Understanding the factors that influence crowd recognition might ultimately offer insight into treating disorders like Autism or Asperger's, where people have trouble recognizing emotions.

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HIDDEN BITS

Lovin' It? Then Keep Driving.

A McDonald's billboard in France gives directions to a rival Burger King. Of course, the Burger King happens to be 160 miles away, so the directions get complicated. And therein lies the Golden Arches' point: If you're looking for a Burger King drive-thru in France, then keep driving. There are less than 20 Burger King locations in the entire country.

The ad says that there are more than 1,000 McD's drive-thrus in France. And if you happen to be where this sign is, a tiny companion billboard points out there's one less than 3 miles away.

Burger King takes it all with good humor though. In their own commercial they show a couple drive past the giant billboard and pull into a McDonald's. The driver orders a large coffee and tells the server "I have a long way to go."

As the driver heads off down the long country highway the tag line comes up: "Only 253 km till your next Whopper. Thank you McDonald's for being everywhere. *huffingtonpost.com*"

