

CHIEFLY SPEAKING



Monthly Newsletter for New York State Law Enforcement Leaders

May 2023

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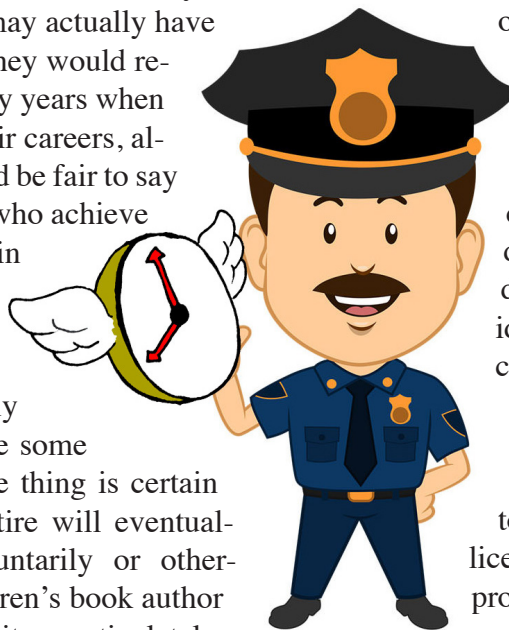
Beyond the Badge: How to Make the Most of Retirement after a Law Enforcement Career

By Chief Stuart K. Cameron
Old Westbury PD

The prospect of a twenty- or twenty-five-year pension option is one of many inducements for those who enter into a career in law enforcement. Many of those who eventually rise to the rank of chief may actually have believed that they would retire after twenty years when they began their careers, although it would be fair to say that for many who achieve the top spot in their agencies, those pension milestones have very likely come and gone some time ago. One thing is certain the time to retire will eventually come, voluntarily or otherwise. As children's book author Dr. Seuss put it so articulately, "How did it get so late so soon. It's night before it's afternoon. December before it's June. My goodness how the time has

flewn. How did it get so late so soon?" As retirement will eventually arrive it is wise to plan for it and to consider the many factors that will make this stage of life more enjoyable and fulfilling.

Retiring from a lengthy career in law enforcement is unlike retiring from any other job. Since police officers are always expected to act, on and off duty, being a police officer becomes more than a job, it really becomes your identity to a large degree and the longer you do it, the more ingrained that identity becomes. Police officers have broader powers than civilians, and reverting back to being a civilian can involve a period of adjustment to this new reality. Yelling police don't move is no longer appropriate and carrying a firearm now requires a pistol permit. Once a police officer retires many things change and a gradual transition should be expected. Retirement can be



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Did you know that law enforcement officers are at greater risk for suicide than the general population because of the unique stressors of their jobs? During this training, law enforcement officers will:

- Develop innovative strategies that promote health and wellness.
- Discover ways to interrupt unhealthy behaviors and overcome the stigma of help-seeking.
- Discuss how they can provide support to fellow officers.
- Develop a personal action plan that includes resources that they can access to continue their health and wellness journey.

This project was supported by Grant No. 2018-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

an emotional period for many and for some there can be some sadness intermingled with the happiness that retirement has finally arrived. This is especially true for those who have worked their way up to the very top in a law enforcement organization. Becoming a chief requires hard work and dedication and a love of the law enforcement profession, so when it finally ends it can be bittersweet for some. As William Shakespeare wrote, “parting is such sweat sorrow”.

Many refer to the police department as being like a second family, and for those at the helm of an agency, retirement largely severs that daily contact with your extended police family. Lacking the routine engagement concerning the ins and outs of the lives of people that you have known and cared about for years, often for decades, can be disconcerting, akin to breaking off contact with real family members. Those that experience these feelings shouldn't be overly concerned, while retirement should be

a time of enjoyment and pride for a job well done, it can take some time to fully adjust to the new realities of a return to life as a civilian. Many people don't discuss how emotional retirement can be, but rest assured it is a common feeling early in

retirement, hopefully though this feeling fades away as the transition to civilian life takes hold.

Serving as a police chief can become an all-consuming endeavor, due to the extreme demands of the job. When things suddenly stop upon retirement, life can definitely seem a bit bewildering. Carving out some time from an ever-busy pre-retirement schedule to develop some outside interests that can carry over into retirement can help to overcome many of these difficulties and in the end, it will be time well spent. Some retirees seem to flounder and may jump at the first post retirement employment opportunity that comes along. Certainly, depending upon a person's unique financial considerations, post-retirement work may be a necessity, but working to fill the immediate void post retirement should be done only after careful consideration and deliberation. It is entirely natural for things to seem off when you abruptly go from working twenty-four by seven to having lots of time on your hands. For many it is wise to take some time to adjust and to clear your head. A new sense of purpose will emerge. While working, that sense of purpose had been very clearly defined, and that void will now need to be filled with other endeavors.

Financial planning for retirement should be a universal concern regardless of your occupation. Generally, most police officers will retire with a defined benefit pension, which is something that many in the general public don't share, however, without a cost-of-living adjustment pension benefits can erode over time, especially during high inflation periods. Maximizing other savings mechanisms, such as 457 plans, can help to offset the reduced value of pension payments due to inflation. Prior to retirement

“Parting is such sweat sorrow.”

— William Shakespeare



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a comprehensive financial analysis is always wise to ensure that there is funding for whatever adventures lie ahead in retirement. For many, adjusting to spending retirement savings after a lifetime of amassing them can be a real challenge as well. Retirement is the time to spend those savings and enjoy yourself, for many the time for saving has passed.

Winston Churchill was quoted as saying that “The secret to good health is to drink, smoke, and above all, do no exercise.” If you’re subscribed to this philosophy during your working years, retirement could be a time to reevaluate your life style and make some changes to ensure better health and to potentially extend your life. While many people simply strive for a long lifespan, maintaining your health-span should be just as important. Chronic illness and disability can interrupt life-time plans for retirement, so remaining healthy and active as long as possible should be the real goal.



Virtually all retirement plans can be negatively affected by one’s physical and mental wellbeing, so that is an important consideration. Nothing should be taken for granted. As people age physical fitness goals should change. For many retired individuals’ functional fitness should be the new goal, not maximizing the weight that can be bench pressed or curled. Functional fitness is a fitness state that supports everyday life, in other words, you can accomplish what you want to do on a daily basis without unnecessary pain or impairment. Functional fitness goals should be reasonable, not running a full marathon for the first time in your life. Some dedicated retirees are able to achieve extraordinary goals, however, because of the additional time they have to devote to fitness activities. This however, is generally the exception and certainly not the rule. Stay within your lane, enjoy yourself and don’t get hurt.

Functional fitness activities can include body weight exercises (such as push-ups), walking, jogging and light weight lifting. Core exercises are very important to reduce lower back injuries and to increase balance. Exer-

cises such as planks are a great core exercise that is fairly easy to incorporate into daily life. Planks strengthen back and abdominal muscles and an effective plank workout can be accomplished in as few as five minutes a day. Balance and flexibility become increasingly important as we age, so stretching and stability exercises are critical. Balance is so important as we age that poor balance is associated with shorter lifespans. Some have even advocated that a balance test be incorporated into annual medical examinations. Surviving a lengthy career in law enforcement only to get injured in retirement would not only be ironic, it could be devastating to long term plans.

Of course, many law enforcement officers will enter retirement in different states of physical health, and if the level of physical activity will be more strenuous than before, it is wise to consult a doctor prior to starting new activities. Physical trainers can also be helpful initially to evaluate physical fitness levels and help set up a workable daily fitness routine. Sitting

for long periods of time has been referred to as the new smoking, meaning excessive sitting is extremely detrimental to one’s health, even for those who exercise regularly. Busy police chiefs may, out of necessity, have spent a great deal of time behind their desks, but retirement can be a time to make up for this previous inactivity.

Advances in medicine have allowed the world’s population to live longer lives. The effectiveness of many modern medical interventions however, are predicted upon the timely detection of ailments. Accordingly, it is very important to get regular medical care. No one wants to hear a doctor say, if we’d only caught this sooner. Annual medical, dental and eye exams are critical to maintaining one’s health, as are regular visits to more specialized doctors should unique health issues warrant them.

Retirement can also be a time to adjust your diet and to eat healthier. Due to an overall lack of time, a variety of commitments that entail dining out, and a lack of healthy choices, many busy executives may not have



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eaten the healthiest diet during their working years. Now is the time to select the foods that you've always known you should be eating and avoid those that are detrimental to your health. It is never too late to improve your diet.

Just as important as physical health is mental well-being and overall brain function. It is critically important not to allow brain health to decline after retirement. One alarming study of civil servants from the United Kingdom found that their short-term memory declined 40% faster in retirement than when those studied were still working. Keeping your brain sharp as you age takes effort, just like remaining physically fit. Maintaining social contacts is very important and it may well be more of a challenge than when working. Constantly striving to learn new things is important, such as learning a foreign language or learning to play a musical instrument. Learning new things has never been easier, as many websites, online videos and cellular phone applications offer effective ways to learn a wide variety of things



and to master new skills. Crossword, Sudoku or other puzzles can also help to exercise the mind and ward off dementia or other brain impairments. Reading is always a good alternative to watching television, but whatever your passion, learn new things and expand your mind to keep it focused and sharp.

Timing your retirement can also be an important factor to getting it off on the right foot. Unless you enjoy winter sports or plan to travel, retiring in the winter may provide less opportunity to engage in activities than planning your retirement during a more temperate time of the year. If you enjoy being outdoors, harsh, cold winter weather may impair your ability to do that. Planning to be busy right after retiring can help with the transition to civilian life and lessen any angst associated with moving on to a new phase of life.

Once you're retired, no matter how close your relationship was to your department, you are now on the outside looking in, this can be especially difficult for the former head of an agency. Even subtle changes like no longer having key or key card access to police facilities, and no longer receiving promotion and transfer orders, can reinforce that things have changed for good. This feeling of disassociation will fade over time as new activities fill the void. This is the time to engage in those activities that you hopefully cultivated while working to carry you over into retirement. Retirement is the time to explore new opportunities and to pursue your passions.

Even with careful planning, some retirees may fail at retirement. For those that do, a return to work may be a good option, whether it be full-time or part-time. The skills developed over a career in law enforcement ending as the chief executive of an agency are valuable and many opportunities may be forthcoming for those who opt to work again. It is always wise to take some time to transition and adjust, but for some a post-retirement job is an attractive alternative to being fully retired. Truly the ball is in your court and every individual is unique. Do what makes you happy and fulfills you. Enjoy this period of your life, you certainly earned it.

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of government. Citizens fund the department through taxes, and we provide them with a service. Our mission statement read “we will provide our citizens with the level of service they deserve and expect.” Citizens do deserve high level service. How many times do police officers fail to perform basic acts of service. Not take reports that should be taken, not check a special attention that should be checked. Our cops should hit the road every day with the belief that they are performing a service for their community and that if a citizen wants a service that falls within the scope of our duties, they should receive that service. In a professional manner. Its not too much to ask. But you must have the spirit of service and the un-

derstanding that service is our job. You are not doing someone a favor by performing the service, it is our job. And if you want it from your cops, you must model it as a leader.



In my department I made it a mantra – Integrity, Professionalism, Service. I put it on our patch, so it was on their left arm every day. I painted it on the cars. I even wrote it on the walls. It was on the letter head and in every communication that came out of my office. Every letter of commendation ended with “I commend you on your integrity, professionalism, and commitment to service to our residents.” I think it is a clear and simple roadmap to success. Integrity, Professionalism, Service.

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NYSACOP Welcomes Our New Members

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Burlison, Scott	City of Norwich PD	Deputy Chief of Police
Curtis, Michael	City of Fulton Police Department	Chief
Cuzzupoli, Mark	Brockport Police Department	Chief of Police
Dempsey, Christian	Fulton Police Department	Deputy Chief
Dienes, Peter	Town of Hamburg Police	Chief
Dreyer, Tamara	Highland Falls Police Department	Chief of Police
Farry, Patrick	Rotterdam Police Department	Lieutenant
Fieldson, Chance	Fieldson	Sergeant
Galante, James	Bolton Police Department	Chief
Gebert, Joseph	Town of Cornwall P.D.	Chief
Gray, Travis	Town of Ogden Police	Chief of Police
Kiernan, James	Southampton Town PD	Chief of Police
Knudsen, Ronald	Larchmont PD	Lieutenant/Executive Officer
Ludden, Timothy	NYS University Police at SUNY College of Optometry	Assistant Chief of Police
McGovern, Angela	Saratoga Springs Police Department	Lieutenant
McLellan, James	Syracuse University Department of Public Safety	Commander
Messar, Michael	City of Yonkers Police Department	Captain
Myers, Richard	NYS University Police - SUNY Geneseo	Assistant Chief
Panetta, Susan	NYS System Police	
Paprota, Joseph	Village of Larchmont	Lieutenant
Price, Dennis	SUNY Brockport Police	Assistant Chief of Police
Richardson, Scott A	Alfred University	Chief of Public Safety
Roach, Reuben	City of Norwich Police Department	Chief of Police
Shoff, Richard	Syracuse Police Department	1st Deputy Chief
Smith, Michael	Freeport Police Department	Chief
Spaulding, Kenzie	Corning Police Department	1st Lieutenant
Spingler, Timothy	Auburn Police Department	Sergeant
Taft, Colin	Village of Bath Police Department	Chief of Police
Valeri, Daniel	New Windsor Police Department	Chief of Police
Williams, Ryan	SUNY New Paltz - University Police	Deputy Chief of Police
Zeilberger, Adam	Town of Newburgh Police Department	Lieutenant



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Trumansburg Chief Thomas L. Ferretti Passes Away

Retired Chief Thomas L. Ferretti died on February 5th, 2023. Chief Ferretti was so beloved in his community that as his funeral procession traveled from the Trumansburg American Legion Post to Calvary Cemetery in Ithaca, citizens lined the streets holding American Flags donated by local businesses.

Ferretti was born in Buffalo, NY in 1943. After graduating from high school Ferretti joined the United States Navy and served in the Vietnam War. After leaving the US Navy Ferretti worked for Cornell University as a

Ferretti was appointed Chief of the Trumansburg Police Department in 1976. He served as Chief of the Trumansburg Police Department for 42 years, retiring in 2018. Ferretti is credited with modernizing the police department in many ways. Chief Thomas Ferretti was a life member of the new York State Association of Chiefs of Police. Ferretti was also a member of the IACP, the American Legion of Trumansburg, and the Fraternal Order of Eagles.



Chief Ferretti is survived by his wife of 55 years Jacqueline Ferretti, and his children Barbara Carlisle, Dale Reeves, Dawn Reeves, Brenda Greer, Wayne Reeves, Gerald Minister, James Ferretti, Joseph Ferner, and Thomas Ferretti Jr., 21 grandchildren, 28 great grandchildren, and 4 great, great grandchildren as well as his brother Roger Ferretti.



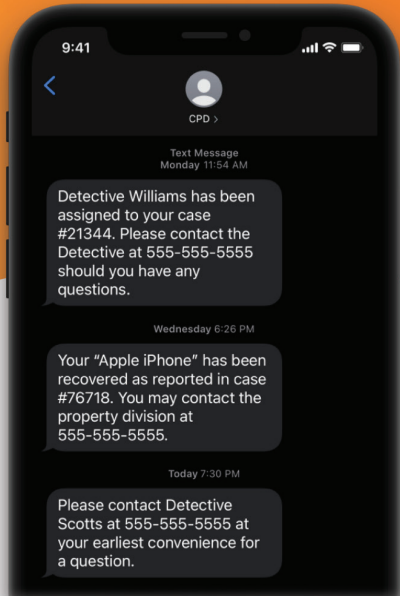
Funeral procession for Chief Ferretti.

university patrolman and then for sheriff's department as a Deputy Sheriff, Detective, and Sergeant.

Chief Ferretti served his community as a youth baseball coach, formed the police explorer scouts, served as treasurer for Cops, Kids, and Toys and established Tomkins County's first DARE program.

"Tom, as much as any person in my lifetime, helped to mold the character of the community into the one we know and love." Rordan Hart, Trumansburg Mayor

Includes writing and photos from Tomkins Weekly



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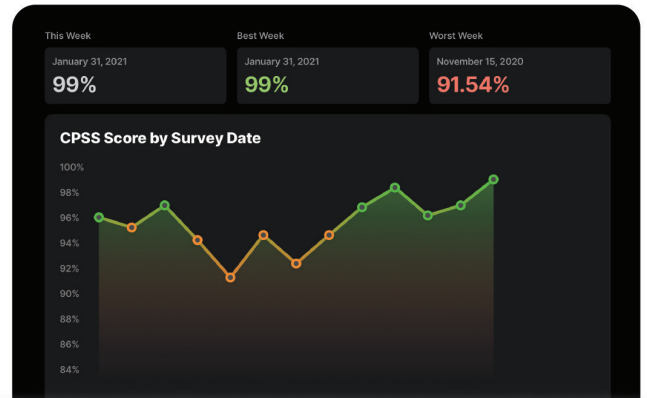
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"Officer Smith was very friendly and helpful."

"Thank you Officer Darby for caring and helping my father."

✓ **Boost officer morale**



✓ **Measure satisfaction**

Executive Director, Patrick Phelan
Chief (Ret.) Greece PD — Mother

KATHRYN (WHALEN) PHELAN

March 31, 2023. Kathryn is predeceased by her parents, Emmett & Elizabeth Whalen. She is survived by her husband, Gerald D. Phelan; children, Sean Phelan, Colleen (Mike) Taylor, Patrick (Christina) Phelan; grandchildren, Hunter Taylor, Aggie Taylor, Emily Phelan, Katie Phelan, & Carmella Phelan; siblings, Jeremiah (Betty Jo) Whalen, Mary Ellen "Nen" Whalen, & Emmett Whalen; several nieces, nephews, cousins & dear friends. Kathryn graduated from Nazareth College with Honors.



For more information about Kathryn please visit www.bartolomeo.com Kathryn's life story will be shared during her visitation, Saturday, April 8th, 1-5 PM at the funeral home, 1411 Vintage Lane (Between 390 & Long Pond Rd.). Her funeral mass will be celebrated, Monday, 11:30 AM at St. Charles Borromeo Church, 3003 Dewey Ave., followed by her interment in Holy Sepulchre Cemetery. In lieu of flowers, donations may be sent to Sister of St. Joseph, 150 French Rd., Rochester, Ny 14618 or to Irish Children's Program, PO Box 22983, Rochester, NY 14692 in her memory.

Chief Michael Lefancheck,
Baldwinsville PD — Father

WILLIAM LEFANCHECK

April 14, 2023. William Lefancheck William "Bill" Lefancheck, 85, of Baldwinsville, passed away at Syracuse Home after a brief illness. Born in Syracuse to the late Walter and Sarah (Lebkowski) Lefancheck, following high school Bill served in the Army National Guard. In 1959 Bill married Marie Doty and the two were longtime residents in Liverpool and Mexico Point.

Bill was a Proud member of International Brotherhood of Electrical Workers #43 for 67 Years and longtime electrician and pension fund manager. Some of his most treasured memories were made while fishing, hunting, boating, and spending time with family and friends. In addition to his parents, Bill is predeceased by his son, David; and his sister, Joan Gocek, and daughter-in-law, Bridgett Lefancheck. Surviving is his wife of 63 years, Marie; son, Michael; 8 grandchildren and 6 great-grandchildren. Calling hours will be held from 5-7 PM, Wednesday, April 19, 2023 at Falardeau Funeral Home, 93 Downer St., Baldwinsville. A Funeral Service will be held 10 AM Thursday at the funeral home with burial to follow in Riverview Cemetery. Bill's family extends a special thank you to the caregivers and staff at Syracuse Home for the care he received the past 2 years. In lieu of flowers, donations may be made to the McHarrie Life Foundation, 7740 Meigs Road, Baldwinsville. Online at FalardeauFH.com



Comminioner, Kenneth Jackson
Garden City PD — Mother

PATRICIA A. JACKSON

April 24, 2023. It is with great sadness that we announce the death of Patricia A. Jackson, of Bohemia, New York, she passed away on April 24, 2023, leaving to mourn family and friends. Leave a sympathy message to the family on the memorial page of Patricia A. Jackson to pay them a last tribute.



Patricia was predeceased by her husband Kenneth. She is survived by her children: Commissioner Ken Jackson (Lori), Patti (Donnie), Danny (Karen), Kevin, and Thomas. She is also survived by 10 grandchildren and 7 great-grand children.

Visitation will be held on Thursday, April 27th 2023 from 3:00 PM to 5:00 PM, from 7:00 PM to 9:00 PM and on Friday, April 28th 2023 from 12:00 PM to 1:00 PM. A funeral service will be held on Friday, April 28th 2023 at 1:00 PM at the Fredrick J. Chapey & Sons Funeral Home, Inc. (200 E Main St, East Islip, NY 11730).

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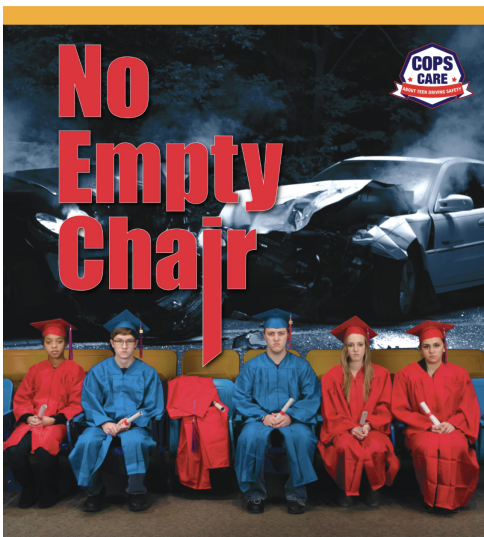
Village of Freeport Police

The Freeport Police unveiled the newest additions to its fleet. These vehicles will be utilized by the Special Enforcement Team to help serve the community.



Village of Scotia Police Department

With the warm weather finally approaching, please be careful driving in the area of Quinlan Park for turtles crossing the road!



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Governor's Traffic Safety Committee | trafficsafety.ny.gov



North Syracuse Police Department

[@NSyracusePD](https://twitter.com/NSyracusePD)

The "No Empty Chair" teen driving safety education and enforcement campaign raises awareness of highway dangers in hopes there will be no empty chairs during prom and graduation season. The campaign begins today and runs through Friday, April 28.

Does your department have some news you would like to be seen here? Send a link to



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