



"NO INDIVIDUAL, NO MATTER HOW HIGHLY TRAINED OR WELL-ADJUSTED, IS IMMUNE TO THE LONG-TERM EFFECTS OF CUMULATIVE STRESS OR SUDDEN CRITICAL INCIDENTS."

PURPOSE

"America's First Responders are tasked with dealing with work that is highly stressful, where one continually faces the effects of murder, violence, accidents, serious injury, and death. The day in, day out effects of these situations wreak havoc both personally and professionally on those who serve their communities. Work as a first responder is a combination of extreme boredom with incidents of mind-numbing terror."

"Most officers work 50+ hours a week taking care of everyone else's problems, and they rarely take the time to take care of their own. It's time every officer looks at those who stand firm alongside of them and begin to take care of one another and ourselves."

To read Shawn's article in full, please click [here](#).



Shawn Curry serves as Vice President of the IPPFA, and also serves as Legislative Chairman. Shawn is a Sergeant with Peoria Police and is President of the Peoria Police Pension Fund.

DON'T LET *EVIL* WIN

TURN TRAGEDY INTO VICTORY

"How does an individual turn tragedy into victory while at the same time enjoying the gift and a better quality of life? After I

was asked to address this topic, I stayed late after my office closed one day and when I was alone, I sat enjoying the peace and quiet. I began to reflect on my life-changing incident. As I examined so many of the components of this complex topic, I kept asking myself, 'what worked?' 'What did not?' 'Who stood beside me?' Please keep in mind that I am not here to brag or boast, but to pass along a true-life incident that happened to me just as it could have happened to any one of you here today. Your life could change in an instant, no matter how cautious you are, as you strive to be the best version of yourself in both your personal and professional lives."

To read Mike's article in full, please click [here](#).



Michael Lappe is a retired Chicago Police officer who retired from CPD on a service pension after more than 36-years of experience. Critically injured in a shooting incident, Mike rehabbed himself and returned to full duty. Mike is an active participant in educational programs for the Illinois Public Pension Fund Association (IPPPFA).

NEWS & LINKS

[Alessi & Tony's Fresh Market Present 'In The Kitchen' with Mario Manfredini](#)

[Mayors Score Win in Lawsuit Over Troubled Retirement Plan Endorsement Deal](#)

[Mental Health Series: Men's Health Month](#)

[Medical Costs Slam a Minority of Seniors](#)

[Social Security's Financial Outlook: the 2019 Update in Perspective](#)

[Public Sector HealthCare Roundtable - Weekly e-News \(May 7, 2019\)](#)

[A Census Undercount Could Cost Illinois Billions](#)

[Pension Income Plays Significant Role in Supporting Retirees' Spending, New EBRI Study on Spending Patterns Finds](#)

[Retirement Savings Shortfalls: Evidence From EBRI's 2019 Retirement Security Projection Model®](#)

[Best & Worst States to Be a Police Officer](#)

[VA Home Loan Tips, Xbox Adaptive Controllers, #CarryTheLoad Across the Country, Mental Health Month](#)

[Ted Williams: American Hero](#)

[Does Automation Always Lead to a Decline in Low-Wage Jobs?](#)

[Pensions Have Shifted to Riskier Investments, Ratings Agency Finds](#)

[Taxation & Representation, April 9, 2019](#)

[My Social Security | Social Security Administration](#)

[IRS: Frequently Asked Questions and Answers](#)

[Do Tax Breaks Help or Hurt a State's Finances? New Study Digs Deep.](#)

[EBRInsights: News from the Employee Benefit Research Institute \(May 16, 2019\)](#)

[Savings Medicare Beneficiaries Need for Health Expenses in 2019: Some Couples Could Need as Much as \\$363,000](#)

[A Look at the Spending Patterns of Current Retirees](#)

[Public Sector HealthCare Roundtable - Weekly e-News \(May 14, 2019\)](#)

[Connecticut Police Department Reverses Course, Switches Back to DB Plan](#)

[Best Practices for Financing Illinois Infrastructure: a Conference Summary](#)

[Treasurer's Note: Your Money](#)

[Chicago Casino, Pension Help and Infrastructure Top Mayor Lori Lightfoot's Legislative Wish List](#)

[Which Types of Assets Should Retirees Spend First?](#)

[DC Plan Investors Challenged by Financial Illiteracy](#)

[In Some States 15% of the Population Collects Social Security](#)

[CTBA Report: a Graduated Rate Income Tax Would Help Reduce After-Tax Income Inequality in Illinois](#)

[MSRB Adds U.S. Treasury Yield Curve to EMMA®](#)

[California Moves to Divest from Turkey Over Armenian Genocide Despite Pension Fund Objections](#)

[Illinois Video Gambling Tax Hike Will be Decided by Lawmakers with Financial Ties to the Industry](#)

[4 Reasons Cops Retire Before You](#)

[The States Where Pensions are Safe—and Where They're in Trouble](#)

[The Dangerous Consequence of Cutting Public Safety Pensions](#)

[14 States That Won't Tax Your Pension](#)

[Pension Politics: Should States be Investing in Controversial Companies?](#)

[Workers' Compensation: Keeping Injured and Ill Workers in the Workforce](#)

[Kane County Joins Municipalities Protesting IMRF Investment Strategy](#)

2019 MIDAMERICAN PENSION CONFERENCE



This year's MidAmerican Pension Conference will be held at the Grand Geneva Resort in Lake Geneva, WI from October 1st through October 4, 2019.

Please keep an eye out for exciting sponsorship opportunities, as well as the Call for Presentations for speakers interested in presenting at the conference.

Registration will open at the end of June 2019.

You can click [here](#) to check on any updates in regards to the conference.

TRAINING OPPORTUNITIES



[Certified Trustee Program](#)



[Regional Seminars](#)



[Online Training](#)
and
[Free Online Training for IPPFA Members](#)

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