

AROHE

Transforming Retirement

Association of Retirement Organizations in Higher Education

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September 2017

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President's Notes



Greetings as we head into fall.

I live very close to Silicon Valley, the heart of American techdom. Perhaps for that reason, I have become aware of many devices and applications initially focused on millennials that may be entering the lives of many of us in our retirement.

We are all from higher education, but these new types of tools are being tested well beyond our community and with the larger pool of well-experienced adults. When we think of "tech," we think of our computers and cell phones. However, tech now goes far beyond these tools, and our lives may already be making use of newer devices and applications that smooth (some might say, disrupt) the transitions of daily living.

Grocery and meal delivery services are available with the tap of a button on a phone or a word to in-home communication devices that can listen and speak to us. "Smart" homes can respond to the tap of a button or a voice command to regulate our heating and cooling, direct which lights come on when and for how long, open windows, or lock doors. Personal fitness monitors enable friends and relatives to check on our well-being from a distance. Some such devices allow our doctors to check on our blood chemistry, our heart fitness or our breathing without leaving home. Augmented hearing zones in public buildings work with hearing aids to clarify sounds. Appliances like refrigerators can let us know when we run out of something we use regularly. Now experimental, self-driving cars may be available as soon as 2019. Bionic sensors are being developed that allow recovery of motion and sensation after injury. And on and on....

Tech entrepreneurs are only beginning to realize the "market" value of retirees, and enlisting our help to test these new technologies is smart business. But who needs all this stuff? And what about privacy issues?

Future issues of AROHE Matters will explore the use of such technologies as they inevitably become more common in facilitating our aging in place, or perhaps

improving our quality of life. I am both uneasy and excited learning about all these new tools and watching their implementation.

We would love to hear your thoughts about taking advantage of such tools or actively avoiding this tech invasion. Both aspects are worth discussion. AROHE is always interested in your story. Send us a note about how you are doing, as this member information is important to share in AROHE Matters. Share your information by October 15th for the November newsletter.

Cheers for a pleasant September!

Caroline M. Kane

Caroline M. Kane

AROHE President

Update on 2018 Conference Planning: Implementing the Conference Theme

Re-Creating Retirement: Connect / Serve / Celebrate the Life to Come



The Planning Group for the 2018 Conference is at work figuring out how to realize the three parts of the Conference theme (above) in the most creative yet practical ways possible. Under the skilled leadership of Gretchen Schulz of Oxford College at Emory, the Program Committee hopes to interlace ideas about ***connecting***, ***servicing***, and ***celebrating*** through the two plenary addresses from nationally recognized experts on retirement and three sets of "breakout" sessions:

- One group of presenters will focus on how retirement organizations create a rich and formidable ethos of *connectivity* - *among* individual retirees and *with* their institutions.
- A second group of presenters will address the huge benefits that accrue to universities and to their communities when retirement organizations enlist their members in the kind of *service* only retirees have the time and expertise to provide.
- And third, the Committee will invite presenters to *celebrate* the full and rewarding life still to come, inspired and enhanced by the concerted energies of AROHE and its member organizations.

The Sponsors for the conference are the [Emory University Emeritus College](#) in cooperation with the [Georgia Association of Higher Education Retiree Organizations](#).

Put the conference on your calendar today!

Continuing the Mission of the University of California: UC Retirees Re-Imagine Retirement

A recent survey of University of California retirees confirmed that many of them are reimagining, redefining and retooling their lives to make a difference while at the same time acting as supporters, ambassadors and advocates for the University. A survey report is nearing publication and will be shared in the November issue of AROHE Matters.

Various national studies have shown that today's retirees do not share the traditional view of retirement as a time of rest and relaxation. While retirees relish their freedom, they are busy contributing to the public good, pursuing creative endeavors, engaging in lifelong learning, caring for loved ones and participating in a wide range of activities.

This survey illustrates that many UC retirees are "retired from working but not retired from living."

Survey Highlights

4,478 University of California retirees completed the survey

Community Service

- 2,769 (63%) volunteered in their communities
- 889 (20%) volunteered for UC
- 619 (14%) volunteered for both UC and their community

Professional Engagement

- 1,221 (27%) provided one or more professional services
- 653 (15%) published one or more written works

Employment

(vast majority part-time)

- 503 (12%) returned to work at UC
- 728 (16%) worked outside of UC
- 648 (15%) were self-employed

Awards & Recognition

- 573 (13%) received one or more awards/recognition

The survey was conducted by the Council of University of California Retiree Associations (CUCRA), a system-wide consortium of UC retiree associations. CUCRA advocates for UC retirees, represents the interests of the UC retiree associations, promotes mutually beneficial relationships between the University and its retirees, and supports the mission of the University of California.

Learn more about CUCRA at: cucra.ucsd.edu.

It's Time to Change the Story of Aging: A Communications Toolkit

The National Council on Aging's e-newsletter recently featured a project to help advocates reframe the conversation about aging. The project offers help with marketing, promotion as well as general language to use in print and conversations with campus and retirees when talking about aging, retirement, etc.

- [Read the NCAO article about the project](#)
- [Toolkit Website](#)
- [2 Min Short overview video:](#)

Helpful tools in the Communications Toolkit include:

- ["You Say, They Think" document](#)

- ["Aging Reframe" cards](#)
- [Document glossary](#)

Resources and Trends

Here are five web resources to use for ideas, inspiration, and stimulating dialogue with your retirees and campus leadership.

The Summer of Love, the Baby Boomers, and Their Arc of Aging. Generations. August 11, 2017.

(asaging.org/blog/summer-2017-generations-summer-love-baby-boomers-and-their-arc-aging)

The Summer 2017 issue of the American Society on Aging journal, *Generations*, explores the 50th anniversary of the Summer of Love, to determine if the youth then, now in their late 60s, 70s, and early 80s, are very different than other generations.

Disrupt Aging: A Call to Action for Gerontologists. The Gerontologist. August, 2017.

(academic.oup.com/gerontologist/issue/57/suppl_2)

This issue of *The Gerontologist* of The Gerontological Society of America, presents challenges to outdated beliefs and stereotypes about aging and to spark solutions so more people can choose how they want to live and age, and have access to care, information, and services they need to lead healthier lives with independence and dignity.

Pay It Forward: Volunteering for a Clinical Trial

(agingresearch.org/pocketfilms)

The Alliance for Aging Research has released this new animated film to encourage clinical trial volunteerism. The five minute film explains what clinical trials are, the science and methodology behind them, the benefits of participation, and how to learn about trial availability.

Is It Normal Forgetfulness...or MCI? Berkeley Wellness Letter. May, 2017.

(berkeleywellness.com)

The lead article in the May University of California at Berkeley Wellness Letter explores the latest thinking about mild cognitive impairment.

Innovation In Aging

(academic.oup.com/innovateage)

Innovation in Aging is a new open access online journal, published by the Gerontological Society of America. The journal features innovative approaches to evaluating and addressing the challenges and opportunities in aging.

Come Join Us In Transforming Retirement

Since 2001 AROHE has supported both institutions and individuals by transforming the experience of retirement - the preparation, the actual transition, and post-retirement programming - into a smooth and productive life-course change.

AROHE currently has member organizations in the US and Canada, representing more than 100,000 individuals who have successfully transitioned from full-time

academic employment.

AROHE believes there is significant value for institutions in more effectively supporting the span of a faculty and staff member's career from orientations through retirement and beyond. Indeed, retirement is not an exit but one more transition in the arc of faculty and staff development.

AROHE provides

- *AROHE Start-Up Kit* is a blueprint to set up effective organizations.
- Member mentoring with real people to coach and provide feedback.
- *AROHE Matters* e-newsletters with current data, trends, and resources.
- Networking with one-of-a-kind access to national and international colleagues.
- Members-only web pages with discussion forums, topical resources, and survey results.
- Biennial conferences providing experts, best practices and more.

Types of membership

- **Organizational membership:** a voting membership is available to campus-based organizations, campus departments or other units that are affiliated with an institution of higher education.
 - Organizational memberships are "Bundle" memberships. The retiree organization/campus department is the "Bundle Administrator." As Bundle Administrator, each organization can designate one primary contact and up to seven "Bundle Members," who are additional individuals who are members of their organization to receive AROHE communications and access the members-only web pages.
 - The primary contact receives all communications from AROHE, including billing and renewal notices, e-newsletters, event information, and other general announcements. Bundle members receive e-newsletters, event information, and other general announcements. All contacts can access the members-only pages of the AROHE website and subscribe to the member forum.
 - This category includes established retiree organizations composed of multi-campus retirement leaders and/or start-up retiree organizations.
- **Individual membership:** a non-voting membership is available to individuals who have previously been a part of an AROHE organizational member and wish to continue their connection with AROHE colleagues.

Dues

AROHE's membership year runs **July 1 to June 30**. New members who join mid-year will pay a prorated amount which provides membership through July 1.

Organizational members' dues are based on the annual budget of the retiree organization or campus department that provides retiree programs:

\$120 - Small (organization/dept. budget, including salaries for paid staff, under \$50,000)

\$300 - Mid-size (organization/dept. budget, including salaries for paid staff, between \$50,000 and \$100,000)

\$420 - Large (organization/dept. budget, including salaries for paid staff, over \$100,000)

Individual members dues:

\$60 - Individual, non-voting

To renew membership, join, or learn more: visit AROHE.org or contact AROHE by emailing info@arohe.org or calling (213) 740-5037.

Tell Us Your Story

Share News, Activities, and Events of Your Retirement Organization

Please send us a note about the activities, events, and news of your retirement organization for inclusion in AROHE Matters. Send your information to info@arohe.org by October 15th for the November newsletter.

About AROHE

AROHE's mantra is "Transforming Retirement."

AROHE is a nonprofit association that champions transformative practices to support all stages of faculty and staff retirement, their mutually beneficial engagement, and continuing contributions to their academic institutions. By sharing research, innovative ideas, and successful practices, AROHE emphasizes the development and enhancement of campus-based retiree organizations and programs which support this continuing engagement in higher education.

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