

The logo features a stylized blue and green graphic on the left, resembling a classical column or a set of stairs. To its right, the text "AROHE Matters" is written in a large, bold, blue font, with "Matters" in a slightly lighter shade. Below this, "E-newsletter" is written in a smaller, black, sans-serif font.

AROHE Matters

E-newsletter

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January 2020

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President's Notes

Greetings AROHE family,

We hope this newsletter edition finds you and all our retirees in good health. As we continue to navigate the challenges presented by the recent spread of coronavirus (COVID-19), institutions and organizations around the globe are contending with solutions day to day on how to avoid an abrupt halt of business. Nothing suppresses fear like remaining calm and having the ability to spring into action with responsible plans that follow the recommendations from [Center for Disease Control \(CDC\)](#). In addition, Consumer Reports has compiled resources on many aspects of COVID 19 management at <https://tinyurl.com/ssmly2o>

I have received recently inquiries about how to continue building momentum with programming efforts that have been designed primarily for in-person activities or events. Health and safety always come first, and innovation and creativity should follow. Social distancing is only physical, and nothing precludes us from implementing creative solutions that keep our interests and learning opportunities vibrant and alive.

Technology: Connection Value in Challenging Times

In a fast-paced environment, technology has always proven to be an invaluable resource in connecting people around the globe. Now more than ever, our current climate calls for just that. Zoom is one such resource that AROHE uses to stay meaningfully connected with our members. Zoom provides simplified video conferencing and messaging across any device. The site could help you as you navigate the coronavirus pandemic. To check it out, go to <https://zoom.us/>.

Awards

Do you have an award-winning program you would like to nominate for this year's [AROHE HERO Awards](#)? Tell us all about it and make sure to submit your nominations by the **upcoming deadline, Monday, April 13, 2020**. While we continue to move forward with our [conference](#) planning efforts next fall, rest assured that we are monitoring ongoing updates pertaining to COVID-19 to ensure a welcoming and health experience for all.

Stay healthy and we hope to connect soon as we continue to share and learn about our best practices.

Warmest regards,

Trudy Fernandez

President



Transforming Retirement: A 360° View

AROHE's Tenth Biennial Conference

October 18-20, 2020

Tempe Mission Palms, Tempe Arizona

The ASU Emeritus College and ASU Retirees Association invite you to join AROHE on October 18-20, at the Tempe Mission Palms in "Transforming Retirement: A 360° View."

On the [AROHE conference website](#), you can:

- Register for the conference. Early registration fees, with a deadline July 31, are \$300 per person for all retirees within AROHE member organizations.
- Learn more about Tempe Mission Palms and make your hotel reservation. Daily rate is \$226.94, including taxes.
- Register for the pre-conference trip. Come early to enjoy "A 360° View of Sedona & the Grand Canyon," October 13 – 17. Prices starting at \$1,199, double occupancy.
- Nominate a colleague for the AROHE HERO Awards. Awardees will receive complimentary conference registration.

Request for Proposals

The Conference Program Committee is seeking proposals for Concurrent Session presentations and Resource Fair exhibits that offer a 360° view of retirement from the perspectives of the academy (academic affairs, human resources, advancement/development departments and others), from retirees, from retiree organizations, and from the world. The deadline to submit proposals is April 27. Visit the conference website (<https://www.arohe.org/Conference-2020/>) for more information and the online submission form.

Pre-Conference Survey Results

Based on responses to our pre-conference survey, conference attendees will be interested in connecting to share ideas and best practices and to participate in presentations about

- Building institutional support of retirement organizations
 - Building retirement organization support of the institution
 - Program planning to address the needs and interests of diverse retiree populations
 - Current research on retirement in higher education
 - Creating an age-friendly college/university/community
 - Lifelong learning and teaching
-

- Stages of retiree organization development - retiree association, retiree center, emeritus college
- Supporting the transition to retirement and retirement planning programs
- Use of digital technology and social media
- Senior housing on or near campus

We look forward to seeing you in October 2020!

Bill Verdini (verdini@asu.edu), President elect of AROHE

Joseph Carter (Joseph.Carter@asu.edu), Professor Emeritus of Supply Chain Management and Dean of ASU Emeritus College

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Financing Retiree Association Programs

Winona State University Retiree Center

The [Winona State University Retiree Center](#) is situated on the beautiful WSU campus in Winona, Minnesota. Our center was founded in 2005 and is comprised of retired faculty, staff, and administrators. We are fortunate to have two part-time positions funded by the university (an 80% Director position and 50% Office Manager position). We are positioned within the Academic Affairs department and are given an annual operating budget. Currently, the Retiree Center serves about 450 WSU retirees.

The Retiree Center is able to fund several primary, annual programs through the operating budget. All of our social gatherings each year as well as our [Living History Project](#) and associated premiere event are funded by the annual budget. We have other programs that are self-sustaining and revenue-generating. We offer classes through our [Senior University](#), and [Grandparents University](#) programs. The course fees collected provide enough revenue to sustain the programs independently and generate a small profit for future programming needs. The same is true for our [Day Trip and Travel Programs](#). Our classes and trips are open to WSU retirees and to the broader Winona community, which has resulted in sizable groups of people who consistently take our classes and travel with us.

The Retiree Center's programming is beneficial in significant ways. Through community outreach as well as serving WSU retirees we are afforded a bigger pool of people to which we may market our offerings. Additionally, the university is provided with a very successful community engagement- program that supports the University's core mission.



University of Washington Retirement Association

The University of Washington Retirement Association has three main funding sources:

- the university pays salaries and benefits for two full-time staff and provides space and other infrastructure (telephones, computers, central services such as HR) through University Advancement budgets
- our members pay dues that support our programs and part-time employees (including a board administrator, an Encore coordinator, and a membership coordinator)
- we have a marketing agreement with a local retirement housing company that also supports our programs and part-time employees

University Advancement leadership has been a welcoming and supportive partner in our mission to inform, educate and advocate for UW retirees. Efforts are underway to demonstrate how retirees bring value and positive impact.

- An annual retiree giving report documents retiree participation in giving to the university at rates double those of their currently employed counterparts.
- We code UWRA members' activities on campus (e.g., event attendance and volunteering) in Advancement systems, so retirees get 'credit' for their engagement.
- Soon we will send a comprehensive survey to all UW retirees to quantify and confirm retiree activities. The data will also be used to encourage engagement, understand retirees' interests and promote awareness.
- We are surveying university schools and departments about the ways retirees remain involved with them.

Obtaining additional program funding has not been a priority. Fundraising emphasis is given to our annual scholarships and fellowships to undergraduate, graduate and professional students for research and career preparation related to aging – another

way of demonstrating our value to the university community! To learn more, go to <https://www.washington.edu/uwra/>.



Oregon State University Retirement Association

From the time nearly 20 years ago when our organization was formed, the administration has been generous in providing yearly funding to recognize our service to the university community. Members, consisting of retired OSU faculty and staff, contribute a small yearly membership fee that is augmented by more sizeable voluntary donations from many members to support our scholarships, which are given each year to about 6 undergraduates majoring in healthy aging. Additional, and absolutely essential, administrative support is in the form of a 0.10 FTE assignment of a member of the university's Events Office to provide administrative expertise to help us schedule venues in campus facilities, produce a quarterly newsletter, maintain our website (<https://OSURA.Oregonstate.edu>), handle financial matters involving funding, interactions with the OSU Foundation and administration, and arrange catering for some of our events. The university president regularly attends and speaks to our yearly annual meeting, and our interactions with his office and the Provost's office are frequent. For more information, contact Michael Schuyler, President OSURA 2019-20, at OSURA@Oregonstate.edu.



OSU President Ed Ray presents State of the University at the OSURA annual meeting 2019

Emeritus College at University of Missouri-Kansas City

For the Emeritus College at University of Missouri-Kansas City, budgeting is a simple process because our annual members' dues cover the limited costs for our monthly programs for the all-volunteer office and Board, and for the production and mailing of our newsletter "The Beacon", twice a year. Our annual dinner-with-program is financed fully by charging the participants. We do not receive institutional financial support but have free use of a large suite that was renovated by our donations. Financial management and PR are provided in-kind. For the University budget process, we identify large expenditures from our funds, such as two annual travel support grants for Early Career Faculty based on earnings from donations into a growing endowment, the yearly security costs for the suite, and one-time projects like the upcoming upgrade of audio-visual equipment for monthly programs. Resources for additional information: **Jakob H. Waterborg**, UMKC Emeritus College Board, Secretary, Address: Miller Nichols Library, **MNL 226**, 800 E. 51st St, Kansas City, MO 64110, Cell: **913-219-**

5414, WaterborgJ@umkc.edu; Email: EmeritusCollege@umkc.edu, web: <https://www.umkc.edu/emeritus>.



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Trends

Successfully Managing Life Challenges: Widowhood, Grief, Caregiving and Self Care

THE IMPACT OF WIDOWHOOD ON SOCIAL ENGAGEMENT AND SUBJECTIVE WELLBEING – Stanford Longevity Center

According to the US Census Bureau, the average age of widowhood is 59 years old. As women tend to outlive their husbands, widowhood affects women disproportionately. By age 65, about 2% of men and 15% of women have lost their spouses. Among all adults aged 65+, 10% of men and 33% of women are widowed.

Through reviewing existing literature, as well as analyzing the Health and Retirement Study's data, we aim to gain a deeper understanding of several questions: how do widowed persons compare to their married or single counterparts in terms of emotional wellbeing? How does widowhood affect the overall life satisfaction of the surviving spouses? Do people ever return to their pre-widowhood baseline happiness? Are there any trajectories of emotional changes around the time of spousal loss? Do men and women cope with widowhood differently? And finally, do individuals rely

more on their social circles or more on social activities to cope with widowhood? To read further, go to <https://tinyurl.com/u8bfsw2>.

How Men Grieve

Understanding the way men grieve has new and deeper meaning for me as a widower. I've studied the phenomena as a researcher and clinician for years. Experiencing life after loss is fundamentally different territory from thinking about life after loss. Contemporary theories suggest that men and women express grief along a continuum of styles ranging from those called *intuitive*, centering on the expression of affect, to those called *instrumental*, who find physical and cognitive expression more palatable. To learn more, go to <https://tinyurl.com/scwmsem>.

Taking care of yourself while grieving

After losing a spouse or partner, you may find that taking care of details and keeping busy helps. But, there comes a time when you will have to face the change in your life.

To see some ways you can practice self-care while mourning the loss of your loved one go to <https://tinyurl.com/s4h9zf3>.

As His Wife's Caregiver, A Doctor Discovers What's Missing at Health Care's Core

Caring for someone with a serious illness stretches people spiritually and emotionally, often beyond what they might have thought possible. Dr. Arthur Kleinman, a professor of psychiatry and anthropology at Harvard University, calls this "enduring the unendurable" in his recently published book, "The Soul of Care: The Moral Education of a Husband and a Doctor." To read more, go to <https://tinyurl.com/wkzmz45>.

Relationships in Later Life

Our Siblings, Our Selves

Our oldest relationships are sometimes the most complicated

A new study of sibling relationships in later life, linked to well-being, brought the Brown sisters to mind. They are [the quartet of women](#) whose annual photographs, over more than four decades in the same pose and in the same order, taken by the same photographer (the husband of one), resonate for those who grew up with siblings of their own, especially sisters. The research correlated strong sibling bonds in later life with emotional satisfaction, while more troubled relationships were

associated with loneliness, depression, hostility and anxiety. To read further, go to <https://tinyurl.com/qvlbyx4>.

The Landscape of Love & Friendship as We Age

From the complexity of late-life marriage to the joys of longtime friendship to (yes, even the taboo topic of) sex, older lives are shaped by all kinds of love. This month, Stria presents a special report on the role of romance, friendship and companionship in older lives. [Do you know all you should about love after 50?](#)

The 4 Poignant Questions Older Men Ask Themselves

Thomas Cole, author of [Old Man Country: My Search for Meaning Among the Elders](#), presents new research and insights about growing older in America. Cole traversed the country interviewing men in their 80s and 90s — some famous, some not — to ask them what it means to be an older man, what worries them and what challenges they face. Their insights were candid and compelling. To read an excerpt, go to <https://tinyurl.com/u4wvkx9>.

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Resources

New Materials for May Older Americans Month

We continue to add materials to help you #MakeYourMark for #OAM2020 this May! As items are released, we'll keep you informed on the latest releases. Here's what is new: Social Media Graphics, Templates, Other Art Work. For more information, go to <https://acl.gov/oam/2020/oam-2020-social-media>.

Who's Really Calling? Beware of Growing Government Imposter Phone and Email Scams

We all have gotten the fake calls “from the Social Security Administration.” Scammers are increasingly using phone calls, emails, and even text messages to impersonate government officials in an attempt to steal money and personal information.

Here is what people need to know:

1. **The government will never call out of the blue and ask for a social security number.**
2. **The government will never ask for payment by gift card or wire transfer.**
3. **Social security numbers cannot be suspended.**

For tips on protecting yourself, go to <https://www.consumer.ftc.gov/features/feature-0030-pass-it>.

These Children's Books Get Aging Right Addressing tackle ageism, intergenerational bonds and Alzheimer's

Children's books that dismiss ageism and portray loving and fun intergenerational relationships between children and a modern older adult, whether a grandparent or someone outside the family, are powerful in developing a child's worldview of aging and longevity. At the same time, we have an obligation to children to educate them on the realities of aging diseases and disabilities without connecting disease to ageism. Learn more at <https://tinyurl.com/v3rn75u>.

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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.

To renew, 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 our newsletter editor at pcullinane@berkeley.edu by April 17th for the May 2020 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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