

The logo for AROHE Matters E-newsletter features a stylized graphic of a classical column on the left, with the word "AROHE" in a bold, blue, sans-serif font. To the right of "AROHE", the word "Matters" is written in a large, green, italicized serif font. Below "Matters", the word "E-newsletter" is written in a bold, black, sans-serif font.

# AROHE *Matters* E-newsletter

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May  
2020

**Editor Note:** In this challenging and uncertain time, this issue of AROHE Matters mostly focuses on the response in our community to the pandemic and important resources for our journey together. Be well.

Patrick Cullinane, Editor

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### President's Notes

Greetings AROHE family,

May is here, and as we observe Older Americans Month, we can't help but thank our members for their service to our retirees and their loved ones. This year's theme, "Make Your Mark," provides us an opportunity to celebrate our retirees and older adults for their indelible contributions to society at large.

As ambassadors of higher education retirement organizations, we have an opportunity to become more innovative than ever. Studies have shown that the effects of isolation and loneliness can have negative impacts on the health of older adults. Our leadership and flexibility with programming and outreach efforts can certainly make a difference in ensuring our retirees remain highly engaged.

A few weeks ago, we made the difficult decision to postpone our 2020 biennial conference and related activities until fall 2021. However, despite the disappointment of this decision, our most recent webinar, "COVID-19 Strategies for Virtual Connections" was a great success. Member organization members came together in rich discussion on how to engage higher education retirees during this difficult time. A special thanks to all our retirement organization leaders for paving the way and highlighted their best practices.

As part of our ongoing commitment to providing our members with professional development opportunities, we hope you will join us on May 28 for the **AROHE Idea Exchange webinar: COVID-19 - Adapting Events during Physical Distancing. (See article in this issue)**. We'd love to learn more about how you're honoring and celebrating your retirees during Older Americans Month!

Until next time, I leave you with this thought... How will you leave your mark during these unprecedented times in serving your retirees? We can't wait to hear all about it!

Please continue to practice and encourage self-care for the well-being of all.

Warmest regards,

Trudy Fernandez

President



**Helping Retirees During COVID-19 Pandemic**

## **New AROHE Webinar – Learn and Share COVID-19 Ideas**

As we continue to grapple with the impacts of the coronavirus pandemic, AROHE is still working to support our members, sponsors and institutions in serving their retirees, retirement organizations and campus. Toward that goal we have scheduled a second COVID-19 Idea Exchange webinar to share ideas from AROHE and our member organizations.

**AROHE Idea Exchange webinar:  
COVID-19 - Adapting Events during Physical Distancing**  
*Thursday, May 28, 9 a.m. PDT, 10 a.m. MDT, 11 a.m. CDT, Noon EDT)*

As the longer-term impacts of the coronavirus pandemic stretch into the coming months, retirement organizations will have to creatively modify their in-person events to provide virtual connections. We will discuss ideas for a variety of retiree events such as social gatherings, recognition and awards ceremonies or other special events. This Idea Exchange will be conducted via Zoom. Instructions for connecting will be sent to those who register. [Click here to register.](#)



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## **AROHE Idea Exchange Webinar Recap and COVID Survey Template COVID-19 - Strategies for Virtual Connections**

During this unprecedented worldwide pandemic, retirement organizations suddenly have to find new ways to engage their constituents and provide needed resources and information. Nobody knows for sure what it will take to triumph over these challenges, because everything is changing so fast. But we do know that the most successful organizations will be nimble, flexible and responsive to the unique needs of their constituents.

This webinar, presented on April 28, highlighted how several AROHE members shared their high-tech and low-tech strategies for sharing resources and information with their constituents, connecting retirees virtually, providing support for retirees in need, sharing members' shelter-in-place experiences, and more.

Retirement organizations will find it easier to respond to their constituent needs if they know what those needs are. AROHE has created a simple COVID-19 Needs

survey template that can be used or adapted by member organizations. It is available on the AROHE website at the [Knowledge Center](#).

As was emphasized in the webinar, retirees are not all in the same boat during this crisis, but they are all in the same storm. While retiree organizations cannot calm the wind, reduce the size of the waves or stop the rain, organizations can be like the lighthouse – standing tall and firm and shining a beacon of light to guide retirees until the storm passes.

[Click here to watch this webinar](#), as well as AROHE’s previous webinars.



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## AROHE Organizations and Members Respond

### UC Berkeley Retirement Center - Keeping Connected

After completing numerous program cancelations and adjusting to becoming a 'Virtual Center' our team focused on creatively finding new ways to help retirees live well in retirement through virtual lifelong learning, engagement, and connections.

With so much information about COVID-19 in the news we decided not to add to the 'noise' but rather create a 'center' for updated information and resources. And so, the *Keeping Connected* section of our website began. We've kept to our biweekly newsletter schedule, the *CenterExpress*, where we launched *Keeping Connected* and provide updates of interesting additions to content in subsequent editions:

#### [Keeping Connected](#)

##### [COVID-19 Information & Resources](#)

- Global-National-State-Local
  - UCOP
- LBNL & UC Berkeley Campus

##### [Learning and Enrichment](#)

- Free Classes and workshops
- Music and Theater performanes
- UC Online Collections
- Virtual Tour around the world

##### [Health & Wellness](#)

- Fitness [COVID-19 Related Activites and Events](#)
- Stress Management [Technology Resources](#)
- Health & Caregiving [Volunteering from Home](#)

We are working closely with our Retirement Associations and committees to hold meetings and develop programs virtually, providing Zoom tutorials as needed. We are inspired by the retirees who have embraced the new reality, accessed resources, participated in virtual experiences and in many cases taken their knowledge to their families and larger community. To learn more contact Kris Thornton, Associate Director, UC Berkeley Retirement Center, [kristhornton@berkeley.edu](mailto:kristhornton@berkeley.edu), <https://retirement.berkeley.edu>.

### Keeping Connected during COVID-19



### UCLA Emeriti/Retirees Relations Center - ERRC Cares

The Emeriti/Retirees Relations Center has received inquiries about how to continue with programs. We were eager to initiate innovative and resourceful measures to keep retirees connected.

Social distancing does not mean social isolation, and we tried creative solutions to keep our retirees vibrant, and offer support and empathy. We started our [ERRC Cares: TeleBruin](#) initiative, and started focusing on online, digital and virtual resources to support and engage.

The ERRC created the "[Connecting During Covid](#)" section of our website that offers a curated list of online resources of virtual experiences, digital performances, and resources that you can enjoy from home. Please utilize it as a place to start exploring archives of musicals, food resources, and concerts.

Our BruinTech IT colleagues have offered to assist retirees remotely during the COVID-19 pandemic. They are doing tele-support with FaceTime, Zoom, and other digital & virtual methods of communication. For more information, contact [Ayesha](#)

Dixon, MSG/MPA | Director, UCLA Emeriti/Retirees Relations Center, [adixon@errc.ucla.edu](mailto:adixon@errc.ucla.edu) | [www.errc.ucla.edu](http://www.errc.ucla.edu)



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## AROHE Members Share COVID-19 Experiences

### **95<sup>th</sup> Birthday in COVID Time**

On April 7, 2020, my mother turned 95 years old. She is sentient and physically able. My family, which includes grandchildren living in South Carolina and Minnesota (we live in Baltimore) had an elegant dinner planned to take place in a Baltimore restaurant. I had ordered fortune cookies with a message celebrating her birthday, and all the airplane reservations had been made. And then this.

We did a family birthday greeting on Zoom. My mother's computer didn't have a camera so two of her grandchildren got her a tablet and set it up, and she was able to practice with the support and encouragement of her oldest grandson.

There were almost 20 of us on the chat, and she was happy, she didn't feel that her birthday was quite so empty.

Tracy Miller, Towson University TURFA (Towson University Retired Faculty Association) President, 2019-2020, [tmiller@towson.edu](mailto:tmiller@towson.edu)

### **A USC Retirement Story During the COVID-19 Pandemic**

When I first retired as Associate Provost at USC in 2008, Dr. Janette C. Brown kindly offered me an opportunity to direct the USC Emeriti College. One of my first adventures was to become a VP of AROHE, which I enjoyed.

One of the programs I created for the Emeriti College was a USC Book Club for retirees. Our group met on Zoom for the first time recently. Now I host Retired Faculty Association Board meetings on Zoom, and I attend Academic Senate meetings on Zoom.

My wife, Lora, and I are spending two or three hours daily on Skype reading with our four grandchildren who live near Philadelphia. We maintain a chain of Text Messages to stay in touch with extended family around the country, and we are

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calling elderly lady friends who don't use modern media. Recently I signed up to try voice coaching on Zoom with the assistant director of my chorus.

In this exceptional time, we even celebrated Easter on Zoom with 11 family members and friends. For exercise, we wear our face masks (required in LA) and walk daily for a mile or two up neighboring hills. We are busy, happy and well; and we hope you are, too.

Jerome B. Walker, President, Retired Faculty Association, University of Southern California, [jbwalker@usc.edu](mailto:jbwalker@usc.edu)

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## Health and Lifestyle COVID-19 Advice

### Cornell Crisis Wisdom Advice Project

Many older people at this time would like to help others, but have difficulty doing so in isolation. There is one powerful thing they can contribute now, and from home: their wisdom on living through a crisis. To that end, we have expanded the Cornell Legacy Project to include the [Cornell Crisis Advice Project](#). We have opened this website to collect and share the older adult's advice and lessons about living through a crisis. People who have lived through periods like as the Great Depression, World War II, or the Jim Crow era, figured out ways to survive and even thrive. For all these older adults, a crisis challenged them to become resourceful about finding resources and providing for loved ones.

We are offering this opportunity for engagement by older adults and encourage them to share their advice and lessons on the [Cornell Crisis Advice Project](#) website. We also encourage younger people to interview older people and share what they learned. Some youth groups are adopting this idea as a project that can be conducted from home. Audio and video recordings can be uploaded. We hope it will be a valuable resource. Please feel free to contact the project coordinator, Leslie Schultz, [ls30@cornell.edu](mailto:ls30@cornell.edu), with any questions.

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### 6 questions to ask yourself daily for a healthier quarantine mindset

Daily Quarantine Questions

- 1. What am I Grateful for today?
- 2. Who am I CHECKING IN ON or CONNECTING WITH today?
- 3. What expectations of "normal" am I LETTING GO OF today?
- 4. How am I GETTING OUTSIDE today?
- 5. How am I MOVING MY BODY today?
- 6. What BEAUTY am I either creating, cultivating, or inviting in today?

To learn more, go to <https://tinyurl.com/vwslfr4>.

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## **COVID-19: Mental health and well-being for ourselves and our children**

The intense social isolation, stress and uncertainty surrounding COVID-19 is shaping up to be its own mental health pandemic. Already, spikes in post-traumatic stress disorder are being documented among vulnerable populations, health workers and other front-line personnel.

In the latest in a series of [Berkeley Conversations: COVID-19](#) live webcasts, UC Berkeley psychologists [Dacher Keltner](#), [Sonia Bishop](#) and [Frank Worrell](#) offered advice on how to tackle COVID-19 stress, based on their specific areas of research, mental health data and proven therapeutic interventions. To read further, go to <https://tinyurl.com/yacg6r2n>

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## **Four Things to Do Every Day for Your Mental Health**

It's a crazy time. We are sheltering-in-place, leaving the house only for essentials like groceries and medical care. And while we're all (appropriately) focused on caring for the physical health of ourselves, our families, our communities, and society at large, our mental, emotional, and social health needs are quickly emerging as profoundly important, as well. To read more, go to <https://tinyurl.com/ya5fej9>.

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## **5 social apps to keep you sane as you shelter in place**

The concept of the home as sanctuary has taken on a whole new meaning, posing an age-old question: Can something truly be enjoyed when it's mandatory? While some of us might actually love staying indoors — cooking, cleaning or reorganizing every inch of the home we're now grounded to — it's doubtful anyone has ever wished for a never-ending supply of solitude. Enter modern technology: Hangouts instead of hangouts, Houseparty instead of house parties and FaceTime instead of actual face time. You get the idea; for every social need, there's now a suitable social distancing app or platform. Most of these tech tools are based — you guessed it — right here in the Bay Area. Is their presence in our lives a little sad? No doubt. But is it essential right now? We know the answer. <https://tinyurl.com/y7ygkdtA>

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## **John Prine – Loneliness as the Public Health Crisis**

Fifty years before the experts declared loneliness among older people as one of America's most significant public health threats, the singer-songwriter John Prine alerted the nation to its impact. His song, "Hello in There," shines an unsparing light on the human consequences of writing off our older population.

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The 73-year-old Prine lost his fight with the coronavirus. In a [short essay](#) published in Newsweek, Marc Freedman, Encore Founder and CEO, puts that pioneering song—composed by a 24-year-old Prine—into perspective and explain what it has to teach us today. <https://tinyurl.com/y9jsya6n>

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### **Make the most of your telehealth visit – NIH Advice**

Many doctor’s offices are switching to telehealth appointments because of coronavirus concerns. Telehealth appointments may take place over the phone or via a video conferencing service. Here are some tips to make the most out of these appointments:

- **Make a list of your concerns and prioritize them.** Talk about the most important points first—don’t put off what’s really on your mind! If you don’t get through all of your concerns, you may need to ask to schedule a follow up appointment.
- **Minimize technical difficulties.** Ask a friend or family member to help you download any apps and test your microphone and camera to make sure they are working. Make sure your speakers are up loud enough for you to hear well.
- **Keep your doctor up to date.** Let them know about any hospital or specialist visits you’ve had since your last visit. Also mention any changes you’ve noticed in your appetite, weight, sleep or energy levels.

Visit the NIH website to learn more about [how to prepare for a doctor’s appointment](#).

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### **Alcohol and medicines—what you need to know**

Many medicines, both prescription and over-the-counter, can be dangerous when mixed with alcohol. Always ask your doctor or pharmacist if you can safely drink alcohol whenever you get a new prescription or start a new over-the-counter medicine. Here are some examples of [problems caused by mixing alcohol with certain medicines](#).

Click here for the original article: <https://tinyurl.com/y788t48x>

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### **Get important papers in order**

You may have some extra time at home due to social distancing. Use it to get your important papers in order. But what exactly is an “important paper”?

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The specific list of documents will vary from family to family. The National Institute on Aging has a place to start! Check out these lists of personal and financial documents to pull together: <https://tinyurl.com/y9a8gh8s>.

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## **Gerontological Society of America (GSA) Recent COVID-19 Items in the News**

- [Age Must Not be Used as Primary Criteria to Deny Treatment?](#)(The Hill, op-ed by CEO James Appleby and member Nora Super)
- [Many parts of America have already decided to sacrifice the elderly?](#)(The Washington Post, co-authored by member Jospeh Coughlin)
- [Preventing COVID-19 from decimating nursing home residents requires spending money and improving infection control?](#)(The Conversation, authored by GSA President Kathryn Hyer and members David Dosa and Lindsay Peterson)
- [Don't lump seniors together on coronavirus. Older people aren't all the same.](#) (USA Today, op-ed by members Karen L. Fingerman and Kelly Trevino)
- [What explains Covid-19's lethality for the elderly? Scientists look to 'twilight' of the immune system](#) (STATNews, features GSA members George Kuschel and Janko Nikolich Zugich)
- [The US Faces Two Disastrous Scenarios. There's a Third Option.](#)(Washington Post, author Gordon Douglas, GSA NAVP Workgroup Chair)

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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](http://arohe.org) or contact AROHE by emailing [info@arohe.org](mailto: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](mailto:pcullinane@berkeley.edu) by June 15th for the July 2020 newsletter.

## **About AROHE**

AROHE's mantra is "Transforming Retirement."

The Association of Retirement Organizations in Higher Education (AROHE) champions transformative practices to support all stages of faculty and staff retirement, the mutually beneficial engagement of retirees with one another and with their institutions, and the continuing contributions to campus and community life.

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