

AROHE

Transforming Retirement

Association of Retirement Organizations in Higher Education

[Trouble viewing this email or want to print it out?](#)

September 2019

Issue Highlights

Articles: [President's Notes](#) *** [AROHE Idea Exchange Webinar: Demonstrating the Value of Retirees](#) *** [Greetings from Arizona! Site of AROHE 10th Biennial Conference](#) *** [Calls for Photos for AROHE Website](#)

Trends: [Are You Ready for Daily Life With a Newly Retired Spouse?](#) *** [I'm Retired. What Should I Do Now?](#) *** [The Purposeful Life is Healthy and Wise](#) *** [How People Who Love Helping Kids Can Create Meaningful Retirements](#)

Resources: [Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life](#) *** [Falls Prevention Awareness Day](#) *** [International Day of Older Persons](#) *** [Top Ten Financial Scams Targeting Older Adults](#) *** [Planning for Long-Term Care](#)

[Come Join Us In Transforming Retirement](#) * [Tell Us Your Story](#) *** [About AROHE](#)**

President's Notes



Greetings to all,

Fall is almost here and another academic year has begun. We hope you have enjoyed and made great new memories with family, friends and colleagues over the summer.

We have been quite busy over the last few months, and in the words of Michelangelo, "The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Earlier this year, our new board set out to move forward with an aggressive plan that will help catapult AROHE's mission. We're aiming high and I am pleased to share that our fearless board and contributors are making it all happen. We're working our plan!

Among our strategic priorities, enhancing member engagement and strengthening our brand are key areas of focus. In addition to other initiatives covered in this edition, check out what's currently underway:

AROHE Travel Institute – A recent [survey message](#) was sent to our membership to help us gauge your interest in travel opportunities via the new AROHE Travel Institute program we hope to launch soon. Our goal is to help connect you, your fellow colleagues and academia retirees in meaningful and thought-provoking educational travel opportunities.

Take the [survey](#) now and don't forget to pass it along to you retiree organization's retirees as well. *Deadline to submit your feedback is Monday, September 30th.*

AROHE Website Redesign – One of our strategic goals is to enhance our brand and user experience with a newly redesigned website. So much so, that it made its way to the top of our list. A new logo design is in the works also. Stay tuned for that launch of our new website launch coming soon.

We hope this edition brings as much excitement for what's ahead as it has for us. AROHE's on the move. Enjoy the journey with us and let's continue to raise awareness about our retirees contributions to higher education and their communities served.

We love to hear from you, and learn from your stories. Don't hesitate to send us an email and let us know what's on your mind. We're here to support you and engage you in our endeavors. Contact us at info@arohe.org or tfarohe@gmail.com

Cheers,

Trudy Fernandez

AROHE President

AROHE Idea Exchange Webinar: Demonstrating the Value of Retirees



Wednesday, October 16, 9-10 am, Pacific Daylight Time

[Click here to register.](#)

AROHE is pleased to announce our first Idea Exchange webinar. These webinars will give retiree organization leaders the opportunity to share successful practices and brainstorm solutions to common challenges.

How can retiree organizations bring the contributions and achievements of retired faculty/staff to the attention of administrators? Even though many retirees volunteer, donate money, and serve as ambassadors on behalf of their institutions, these contributions are not always recognized. Join this interactive online workshop to share ideas for **demonstrating** retirees' value and **advocating for** added institutional support of retiree programs and initiatives.

[Click to return to the Issue Highlights.](#)

Greetings from Arizona! Site of AROHE 10th Biennial Conference

On behalf of the 2020 AROHE Biennial Conference Planning Committee and its local planning committee, Joseph Carter and Bill Verdini ask you to mark October 18-20, 2020 on your calendars as the dates planned for AROHE's Tenth Biennial Conference at Arizona State University in Tempe.

In the meantime, please **let us know what you would like to contribute and/or take away from the conference**. You can email your suggestions for topics, special sessions, keynote speakers, etc. to Joseph.Carter@asu.edu and bill.verdini@asu.edu.

Watch for more news and opportunities to participate in future AHOHE Matters newsletters and email messages.

See you in October 2020!

Joseph Carter, ASU Emeritus College Dean (Joseph.Carter@asu.edu)

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



[Click to return to the Issue Highlights.](#)

Call for Photos for AROHE Website

AROHE is updating its website and would like to feature photos from member organizations. We are looking for photos that include people engaged in activities such as mentoring, teaching, conversing, volunteering, etc. Photos that include recognizable persons must have signed photo releases from the persons in the photo. Please email photos (with captions) to info@arohe.org.

[Click to return to the Issue Highlights.](#)

Resources and Trends

Trends

Are You Ready for Daily Life With a Newly Retired Spouse?

Four years ago, I was excited about my husband's imminent retirement. I envisioned him cleaning the basement, repainting the house and cooking dinner while I was at work. Now he's retired, and I realize the odds are better that the whistling forest animals from *Snow White* will drop by to maintain our home.

There was no excuse for my ridiculous optimism. A quick internet search would have returned hundreds of hits promising "constant clinging" and "unhappily ever after." One article warned that retirees must "find reasons to be kind to one another" lest we deteriorate into fisticuffs. <https://tinyurl.com/yxz2fobv>

I'm Retired. What Should I Do Now?

When you're working full time, you know what to do with your time. But what are you supposed to do with all the free time once you retire? You've looked forward to this for years: time to pursue your hobbies, time to travel and time to relax. But what if it's not enough to keep you feeling fulfilled? What if you need more?

It's a common feeling no matter where you are in life — doubt about what comes next. Retirees are especially prone to wondering if they're living the life they really

wanted and what steps to take next. Many have grappled with the same questions but found ways to create a happy, fulfilling lifestyle. Here are some ideas and suggestions that might help you do the same. <https://tinyurl.com/y2aokl6z>

The Purposeful Life Is Healthy and Wise

A sense of purpose is associated with a longer, healthier, and happier life. A British study points to the significance of feeling that your life has purpose, even into very late adulthood.

Furthermore, because many of the associations occurred independently of starting levels of purposefulness, the results show that you don't have to be stuck throughout your life feeling you have no purpose. Fulfillment truly comes from the belief that what you do really matters, and it's a belief that you can gain no matter how late you start. <https://tinyurl.com/y6rzd72s>

How People Who Love Helping Kids Can Create Meaningful Retirements

If you're passionate about helping children, there are many opportunities to do it in retirement. Spending time around young people can also make *you* feel younger and purpose-driven.

Take a look at how the three people below are getting creative and creating [meaningful retirements](https://tinyurl.com/y5w45yzo) by assisting kids. <https://tinyurl.com/y5w45yzo>

[Click to return to the Issue Highlights](#)

Resources

Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life

by [Louise Aronson](#)

As revelatory as Atul Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life.

For more than 5,000 years, "old" has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, denigrated, neglected, and denied.

Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. <https://tinyurl.com/y6faqokw>

Falls Prevention Awareness Day

Date: September 23, 2019

The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the [impact of falls](#), share fall prevention

strategies, and advocate for the expansion of evidence-based community [fall prevention programs](#). National and state efforts are published in NCOA's annual [FPAD Impact Report](#). If you would like to learn more about fall prevention efforts in your state, please contact your [State Falls Prevention Coalition lead](#).

International Day of Older Persons – October 1, 2019

We're fortunate to have older people around us, whether they're family, friends, or just general acquaintances. Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we're unaware of. We should look to them for guidance whenever and wherever possible. Unfortunately, far too often we tend to forget — or, worse, downright ignore — the older people in our lives. That's one of many reasons why the International Day of Older Persons on October 1 is such a terrific holiday. <https://tinyurl.com/yxnw8jor>

Top Ten Financial Scams Targeting Older Adults

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported [elder abuse](#) is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Review our list below, so you can identify a potential scam. <https://tinyurl.com/pt6ddog>

Planning for Long-Term Care

You can never know for sure if you will need long-term care. Maybe you will never need it. But an unexpected accident, illness, or injury can change your needs, sometimes suddenly. The best time to think about long-term care is before you need it.

Planning for the possibility of long-term care gives you time to learn about services in your community and what they cost. It also allows you to make important decisions while you are still able.

People with [Alzheimer's disease](#) or [other cognitive impairment](#) should begin planning for long-term care as soon as possible.

Learn more about [advance care planning](#). <https://tinyurl.com/y2qdu7vo>

[Click to return to the Issue Highlights.](#)

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 October 13th for the November 2019 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.

Copyright © 2019 AROHE. All rights reserved.

Contact email: info@arohe.org

Contact phone: (213) 740-5037

[Click here to unsubscribe](#)