

# AROHE

**Transforming Retirement**

Association of Retirement Organizations in Higher Education

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September 2018

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## AROHE 2018 Conference

# RE-CREATING RETIREMENT/ AROHE 2018

Take advantage of this unique chance to network with peers from across the globe. Nothing else like it.

THE BEST DECISION YOU MAKE IN 2018 WILL BE ATTENDING  
AROHE'S 9TH BIENNIAL CONFERENCE

OCTOBER 7-9 AT EMORY UNIVERSITY, ATLANTA



Be here to get current with a tremendous array of new research and best practices that impact retirement for higher education staff and faculty. Learn from the people who share your issues; your colleagues and nationally known experts on academic change.

“Play is the highest form of research,” said Einstein, and AROHE 2018 is your unique opportunity to network with your peers from across the globe. This is your conference. There is no other international gathering just for academic retirees and their colleges and universities. Don’t miss out on the pleasure.

AROHE believes that better is possible. Be here to network about strategies to make retirement better for faculty, staff, colleges and universities.

Be welcomed as an active member in AROHE. We are taking the lead in creating the one active global network that will bring never-before-imagined benefits to retirees and their campuses. Information will be presented in a relaxed, easy to enjoy style.

It’s time for a shift. Exiting a lifetime in academia means entering a new stage of growth. Many highly accomplished leaders come to a time in their lives when they are looking for new ways to make a difference in their communities and in the wider world. Re-creating Retirement will serve as a catalyst for intellectual challenge, growth, and discernment about sharing your gifts in the next chapters of your lives. You must be present to win.

Take away useable information. That is interesting,” is sometimes the highest compliment in academic circles.... In real life, however, “That’s interesting,” is a polite brush off, not such a good thing. The response we hope for when you evaluate AROHE 2018 is “That conference was tremendously useful.” So be it.

REGISTER ALREADY. CLICK HERE TO [REGISTER](#)

### President's Notes



Happy summer-autumn transition,

As the academic calendar once again revs up, AROHE heads into its 9<sup>th</sup> Biennial Conference in Atlanta. The Program is packed with informative, interactive sessions thanks to a very busy organizing committee (and all of you who have sent in abstracts to present in sessions). There is still plenty of time to register ([arohe2018.org](http://arohe2018.org)) and attend to share thoughts and experiences from your institutions and organizations with the rest of us. In addition, at our Business Meeting, we will be electing our next Officers and Board Members...exciting times! I hope to meet you there.

As you may already know, we have just released a Request for Proposals for hosting AROHE’s Home Office (see below). Your AROHE Board aspires to expand not only membership but also services for all AROHE members, be they organizations, institutions or individuals. This opportunity provides you the honor of becoming the home to North America’s only association devoted to retirees from the higher education arena. Many

institutions are embracing the value of continuing connections with their retirees, and AROHE continues to assure the retirees are well served in these efforts. Please contact us with questions, thoughts, and suggestions as you develop your proposal to become the new Home Office.

The next President's column will come after our October Conference and will be our first opportunity to introduce you to the new AROHE President, who takes office on January 1<sup>st</sup> 2019. Stay tuned!

Best,



Caroline M. Kane

AROHE President

### **Request for Proposal to Consider Hosting AROHE Home Office**

AROHE's national headquarters is considering a move. Would you like us to make our new home on your campus? This potential relocation is an indication of our growth and strengthening our commitment to higher education retirees, retiree organizations and campus administrators. Our Home Office has been at the University of Southern California for 16 years, and that campus has enabled AROHE's successes in working with our members over the years. AROHE has aspirations for growth in assisting larger numbers of higher education retirees, retiree organizations and campus administrations so that the retirement of faculty and staff can be productive and rewarding for all our members as well as their communities.

Please consider having your campus be the host for our Home Office. Please contact AROHE President, Caroline Kane – [kane@berkeley.edu](mailto:kane@berkeley.edu) -- with any thoughts, questions or recommendations. The AROHE Board of Directors will be reviewing the proposals and looks forward to your input. [Request for Proposal Home Office Relocation 8-12-18.pdf](#).

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### **Opportunity to Visit the Centers for Disease Control and Prevention (CDC) DAVID J. SENCER CDC MUSEUM**

The CDC is the leading national public health institute of the United States and is headquartered in Atlanta, GA. The main goal is to protect public health and safety through the control and prevention of disease, injury, and disability in the U.S. and internationally. Its work especially focuses on infectious disease, food borne pathogens, environmental health, and occupational safety and health. In addition, the CDC researches and provides information on non-infectious disease such as obesity and diabetes.

Our visit will be to the David J. Sencer CDC Museum, which is part of the main CDC. There we will have a private tour, led by the Curator of the Museum, Ms. Louise Shaw. In the museum you will be able to see exhibits highlighting the main areas of focus in the CDC as well as on the historical aspects of outbreaks of communicable disease both in the U.S. and internationally.

The CDC runs programs that protect the public from rare and dangerous substances such as anthrax and the Ebola virus. You will hear about the "Disease Detectives", the team who is immediately called when an outbreak is suspected whether it is a food borne illness or a virus like Ebola.

Don't miss this fascinating experience—a once in a life time opportunity!

Our tour is scheduled for Tuesday, October 9 at 10 am. The tour will last about an hour. Transportation will be provided from the Conference Center or a leader will walk with those who can manage a 10 minute walk. This offering is limited to 20 and has a minimum of 10. Additionally, participants must register by Friday, September 28 with Dianne Becht, at the Emory Emeritus College, [dianne.becht@emory.edu](mailto:dianne.becht@emory.edu), and provide her with your entire first and last name. Bring a government issued I.D.—driver's license or passport.



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### **AROHE Innovation Award Winner: University of California Retiree Survey**

Demonstrating the value that retirees bring to a college/university is critical to gaining institutional support for retirees, retiree organizations and retiree programs. A recent survey, conducted by the University of California Retiree Associations (CUCRA), effectively illustrates the extent to which many UC retirees remain curious, vibrant and productive, with a commitment to civic engagement and public service.

The most striking survey findings concern the extent to which survey respondents remain committed to the University's mission of public service. A total of 2,772 (63%) respondents volunteered in their communities, 849 (20%) volunteered for the University, 1,154 (27%) provided professional services and 653 (15%) published written works.

The report summarizing the survey findings has been widely distributed to campus and community leaders. It has been used as a springboard to start conversations, advocate for retiree support and develop programs of benefit to UC as well as its retirees. The report tells a compelling story, showing that UC retirees are reimagining and redefining their lives to make a difference while acting as advocates, ambassadors and assets for the University of California.

[Click here to view the complete report, "UC Retirees: Advocates, Ambassadors, Assets," as well as the survey questionnaire and the press kit.](#)



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### University of Cincinnati's Emeriti: The Next Chapter

At the University of Cincinnati (UC), the Emeriti Association is affiliated with and has the support of the Office of the Provost. The Emeriti Association has grown over the years, and with the recent appointment of Prof. Peter DePietro as Provost Fellow/Executive Director of the UC Emeriti Center, the next chapter of the association – now center – begins. Prof. DePietro looks forward to contributing to the university community as the leader of this center that celebrates the service and dedication of our accomplished emeriti faculty.

His professional situation at UC is unique. The position as Provost Fellow/Executive Director is a half-time one, while he remains half time in his faculty position as Professor of Electronic Media/New Media. This will serve both parts of his job well, as he works to engage UC's emeriti faculty with communities across campus, in the city of Cincinnati and in the national space, and to increase the visibility of the important work being done by emeriti faculty.

Prof. DePietro plans to take the UC Emeriti Center to the next level by expanding an existing speaker series into an interview series, with the working title EmeriTALKS, so that it appeals to a wider audience and showcases the expertise of emeriti faculty. He will devise a comprehensive communications strategy, so that the content presented across various media platforms – newsletter, website, social media, etc. – is compelling and engaging. And above all else, will create partnerships and build bridges to keep the center growing.

<https://www.uc.edu/provost/faculty1/emeriti1.html>



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### Emeritus College at Arizona State University: Intel International Science and Engineering Fair (ISEF)

The Intel International Science and Engineering Fair (ISEF) is the world's largest and most prestigious pre-college exhibition in the world, with approximately 1800

projects from 80 countries competing for \$5 million in awards. The ISEF-AZ Preparatory Program created by the Emeritus College at Arizona State University has been designed to help the 25-30 Arizona students selected to attend ISEF excel at this level of competition.

ISEF showcases the world's brightest students and provides a unique opportunity for their projects to be judged by professional scientists and engineers. Participation in this annual event usually makes a significant impact on the students and their choice of career paths.

The Program incorporates training, prejudging and judging components in a half-day session. The students provide abstracts of their projects in advance of the Program for the judges to review. Judges in the Program include Emeritus College members, Arizona State University faculty and corporate personnel.

To learn more, contact William Glaunsinger ([williamglaunsinger@yahoo.com](mailto:williamglaunsinger@yahoo.com)), past chair of the Department of Chemistry and Biochemistry at Arizona State University, recipient of International Scientist of the Year Award for outstanding contributions to the field of solid state science. He is currently Emeritus Professor and Assistant Dean of Professions and Sciences in the Emeritus College at ASU.



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### **USC is Becoming an Age-Friendly University**

The USC Emeriti Center is excited that USC has chosen to become the first in California to join the Age-Friendly University Global Network! Joining the network is an encouraging step and one that we at the Emeriti Center embrace wholeheartedly. The Emeriti Center has an age-friendly culture that provides experiential learning for our students while highlighting our stellar faculty's research and teaching for the benefit of our retirees. "Welcoming people of all ages into the university community and fostering their success helps us to create a community of diverse viewpoints, address our biggest challenges, develop new leaders in every generation, and move society forward" (Provost Michael Quick).

In becoming an Age-Friendly University, USC officially endorses 10 principles that provide guidance for evaluating the university's age-friendly programs and policies and identifying additional opportunities for serving people of all ages.

The Emeriti Center's work supports all 10 principles:

1. To encourage older adult participation in all the core activities of the university, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.



3. To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue master's or PhD qualifications).
4. To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.
9. To engage actively with the university's own retired community.
10. To ensure regular dialogue with organizations representing the interests of the aging population."\*

\* To read USC Leonard Davis School of Gerontology online article: University of Southern California joins the Age-Friendly University Global Network by Beth Newcomb go to: [bit.ly/AgeFriendlyNet](http://bit.ly/AgeFriendlyNet).

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## Resources and Trends

### How Men and Women Give Around Retirement

For years, economic studies have shown that people generally reduce their overall spending when they retire. But what about charitable giving? How does retirement affect philanthropy? Does this differ for women and men?

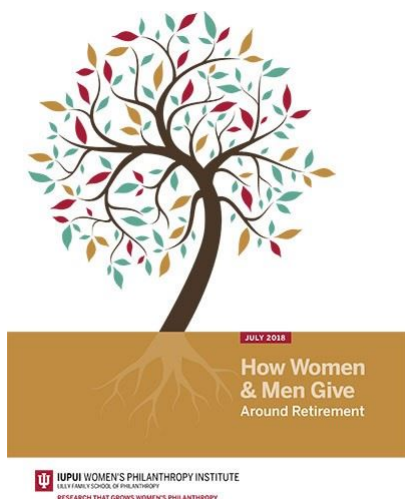
The Women's Philanthropy Institute's [latest report](#) is the first-known scholarly research to explore how retirement affects charitable giving. It finds that while most households decrease their overall spending around retirement, they generally maintain charitable giving levels — but key gender differences exist.

As the number of retirees continues to grow rapidly—10,000 Baby Boomers will turn 65 every day through 2030, and those over 65 now represent 15 percent of the total population—it's critical for people interested in philanthropy to understand more about how women and men give around retirement. This report gets the conversation started.

This study is the first known research to examine how retirement affects charitable giving. It looks at single men, single women, and married couples to analyze whether gender differences in giving or volunteering emerge among individuals at retirement. Additionally, it examines how giving changes during a range of years before and after retirement, with the understanding that preparing and undergoing such a life change is a process rather than one moment in time. Key Findings:

- Both men and women maintain their charitable giving after retirement, especially compared to other types of spending.
- Around retirement, single women and married couples are more likely to give and give more than single men. These gender differences are consistent before and after retirement.
- Around retirement, giving by single women and married couples is more stable than giving by single men.
- Around retirement, single women and married couples are more likely to volunteer, and their likelihood of volunteering is more stable, compared to single men.

Researched and written by: Women's Philanthropy Institute. The Women's Philanthropy Institute (WPI) is part of the Indiana University Lilly Family School of Philanthropy. WPI increases understanding of women's philanthropy through rigorous research and education, interpreting and sharing these insights broadly to improve philanthropy. Learn more at <https://philanthropy.iupui.edu/WPI>.



## Trust Your Inner Wisdom

Writer and teacher Olivia Hoblitzelle was recently featured on Dorian Mintzer's "Revolutionize Your Re-tirement" webinar addressing the wisdom that lies within us, no matter our age.

In her new book, "Aging With Wisdom: Reflections, Stories & Teachings," she expands that thinking. Amazon writes: "How do we find beauty and meaning in old age? How do we overturn the paradigm of ageism? An extended meditation on how



to age consciously and embrace life in all its fullness and wonder, Aging with Wisdom answers these questions."

Her advice is to embrace life in all its fullness and wonder, and to cultivate an inner life resilient enough to handle the vicissitudes of aging. "Our innermost being is ageless," she said. Find out more here: <https://www.oliviahoblitzelle.com/>.

### **Go4Life: Flexibility Exercises from the National Institute on Aging at NIH**

Change up your exercise routine by incorporating new flexibility exercises. Flexibility or stretching exercises give you more freedom of movement for your physical activities and your everyday activities.

When trying a flexibility exercise, do each stretching exercise 3 to 5 times at each session. These exercises are a simple way to stay active and most of them can be done almost anywhere! Be sure to try all [four types of exercise](#) – endurance, strength, balance, and flexibility.

Want to learn new [flexibility exercises](#)? Find step-by-step instructions and safety tips for each exercise from **Go4Life**.

### **Population Aging Presents Great Economic Opportunity**

Older Americans — growing in numbers and diversity — will be key to the nation's future economic health, but the public and private sectors must adapt to these demographic realities, according to "Longevity Economics: Leveraging the Advantages of an Aging Society," a new report developed by The Gerontological Society of America (GSA) with support from Bank of America Merrill Lynch.

By 2035, adults age 65 and older will outnumber children under age 18 for the first time in American history. The report argues that as the longevity era develops, actions are needed now to address ageism and age discrimination, develop coherent policies and laws regarding retirement and pensions that recognize people are living far past the historical retirement age of 65, and enhance the economic impact of older workers and retirees at the local, regional, state, and national levels.

"Longevity Economics" was produced by a GSA workgroup chaired by Peter Cappelli, director of the Center for Human Resources at The Wharton School at the University of Pennsylvania. "Longer life expectancy is a tremendous boon for Americans," Cappelli said. "In this report, we hope to stimulate a policy conversation on how society and the economy can make the best use of living longer." Recognizing that the future of aging won't look like the past, GSA's new report presents: Several myths associated with older people in the workforce and facts that dispel them:

- A perspective on five phases of aging and reasons why older adults are not a homogeneous group and should not be viewed as such;
- Ways that Americans are contributing to the productivity of American society far past age 65;
- Ways that the consumer habits of older Americans create ripple effects in the economy;
- Actions that have been taken by other countries that already have super-aged societies; and
- Changes that should be considered in the U.S. to eliminate ageism and foster the emergence of longevity economics.

<https://www.geron.org/images/gsa/documents/gsa-longevity-economics-2018.pdf>

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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 October 17th for the 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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