



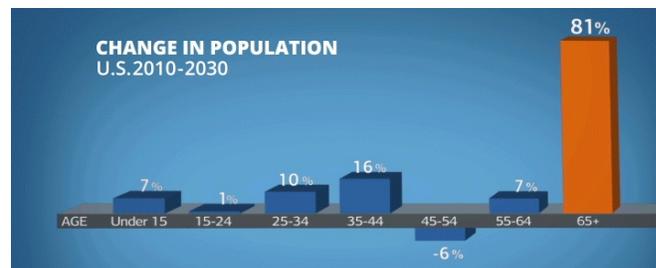
Welcome to **eNEWS**, the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing their ideas, stories, successes, news, and views. Thank you for staying involved in PMEA and our profession!

## Top ten retirement + money statistics that may “blow your mind...”

From webinars by Tom Mathews, [agewave.com](http://agewave.com) and [wealthwaveteam.com](http://wealthwaveteam.com) (used with permission)

<http://www.wealthwaveteam.com/2017-webinar-replays.html>

- One out of four 65-year-olds today will live past age 90, while one in ten will live past age 95.
- One out of every three Americans has no retirement savings whatsoever.
- Over 40% of single seniors 65-and-over get at least 90% of their income from Social Security
- Only 51% of Americans are confident they're saving enough
- More than 1/3 of Americans expect to work in retirement.
- 60% of older Americans fear outliving their savings
- Almost 60% of retirees don't budget for leisure activities when planning for retirement.
- The average healthy couple will spend \$337,000 on healthcare in retirement.
- Close to 50% of retired households spend more money, not less, in retirement.
- Seniors are the fastest-growing group of bankruptcy filers in the country!



[www.agewave.com](http://www.agewave.com)

## Sample retirement “one liners!” Vote online for your favorites!

<http://onelinefun.com/retirement/>

- “Regular naps prevent old age, especially if you take them while driving.
- Retirement is the time in your life when time is no longer money.
- The reason grandchildren and grandparents get along so well is because they have a common 'enemy.'
- Money isn't everything, but it sure keeps you in touch with your children.
- Somewhere an elderly lady reads a book on how to use the internet, while a young boy googles 'how to read a book.'
- Age is an issue of mind over matter. If you don't mind, it doesn't matter.
- Be nice to your kids. They'll choose your nursing home.
- Why do retirees smile all the time? Because they can't hear a word you're saying!”

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**Hooray! The R<sup>3</sup> is updated!**

The PMEA Retiree Resource Registry has recently been revised (new entries since January 2017) adding these "super-competent" consultants to the directory:

- **Jerry Black** (retired June 2017/Union City Area SD)
- **Lori Cole** (retired January 2017/Moon Area SD)
- **Robert Drafall** (retired August 2015/State College Area SD)
- **Joyce Gerstenlauer** (retired June 2015/Greencastle-Antrim SD)
- **Dan Meredith** (retired June 2017 Southern Fulton SD)
- **Victoria Moule** (retired March 2017/Pittsburgh Public Schools)
- **Ronald Wasser** (retired June 2017/Berwick Area SD)

*Congratulations*

If you would like to remain active in the profession and join this prestigious "who's who" of retired music educators, please take the survey on the PMEA website (focus areas/retired members):

<https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/>

Here's the "latest and greatest" alphabetic listing of R3 volunteers with District #s.

Thank you in advance for your willingness to help PMEA members and officers!



**Retiree Resource Registry - R<sup>3</sup>**



**Help Index**

**May 29, 2017**

Edwin Arnold (5)	Paul Fox (1)	Mary Loyer (7)	Joanne Rutkowski (4)
Carl Barr (7)	Bill Galvin (1)	Terri Lundberg (10)	Vincent Sanzotti (5)
David Barron (5)	Paul Gerlach (1)	Lori Luurtsema (5)	Jack Scandrett (3)
Elizabeth Barron (5)	Joyce Gerstenlauer (7)	Diane Maclay (7)	James Scanga (5)
Ralph Bill (1)	Elizabeth Good (6)	Greg Maiocco (6)	Nancy Schelkopf (12)
Jerry Black (2)	John Gula (1)	Karol Mannherz (11)	Jim Seidel (10)
Matthew Boice (1)	Ronald Haas (10)	Cak Marshall (1)	David Sheaffer (7)
Pat Bove (12)	Kim Hannigan (7)	Michael Martin (12)	Dane Skroupa (5)
David Buetzow (1)	Estelle Hartranft (7)	Bret Mascaro (11)	Anne Sprissler (12)
Darla Burket (4)	David Hetrick (2)	Sheryl May (2)	Lillian Stead (12)
Michael Buterbaugh (10)	Ronald Hill (2)	Gary McKeever (1)	Karl Steger (7)
Don Butz (8)	Clarence Hodges (7)	Dan Meredith (4)	Bonnie Strang (12)
Betsy Buzzelli-Clark (10)	Ada Jean Hoffman (5)	Richard Merrell (12)	David Swinehart (9)
Norman Campbell (9)	Ben Holste (1)	Cynthia Miller-Aungst (10)	Marc Tourre (1)
Arthur Chodoroff (12)	Herm Hoppie (7)	Richard S. Miller (12)	Jeff Twiford (11)
Lori Cole (5)	Priscilla Howard (7)	Anne Moul (7)	Susan Uzelmeier (11)
Richard Coulter (8)	Todd Hunter (9)	Brian Moul (7)	Louise Victor (4)
David Cree (4)	Mark Jelinek (8)	Victoria Moule (1)	Richard Victor (4)
William Crossant (4)	Mary Ann Justham (1)	William Naydan (11)	Jane Wall (1)
Carey Crumling (7)	Folkert Kadyk (12)	Charles Neidhardt (11)	Paul Walker (6)
Ron DeGrandis (10)	Toni Keefer (5)	Michael Norris (10)	Michael Wasilko (4)
Jeffrey Dent (4)	Adrienne Davis Kelly (1)	Rich Pantaleo (1)	Ronald Wasser (8)
Venona Detrick (7)	Richard Kemper (1)	William Pendiwiatri (9)	Susan Watkins (1)
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Sue Dieffenbach (7)	Onis Kitchen (7)	John Potlunas (10)	Harding Whitacre (5)
Joanne Dieterly (11)	Brian Klingler (7)	Bill Powers (7)	Brenda Williams (5)
Robert Drafall (4)	Tom Kosmala (1)	Joyce Prichard (12)	Janet Yanron (12)
Mark Edwards (11)	John Kovalchik (4)	Robert Reid (2)	Andrew Yaracs (5)
Ronald Eshleman (7)	Kathryn Larimer (3)	Coleen Renshaw (8)	Kathleen Yeater (7)
Jim Falvo (1)	Galen Leitzel (7)	Robert Rhine (7)	Tom Zumpella (5)
John Feigh (4)	David Levin (1)	Dave Rohrer (7)	
Donna Stark Fox (1)	Linda M. Lewis (7)	Robert Rossi (1)	





**Colleagues collaborate and stay connected**

It is "that time of the year" - the annual PMEA membership renewal time. I'm happy with our retiree "numbers!" We hope YOU see the value of continuing your active participation in your professional association. (We NEED you!) However, if you meet another retired music teacher who is no longer a part of "TEAM PMEA," please refer him/her to the slide show on the PMEA Retired Member website or share the following, **The Benefits and Goals of PMEA Retired Membership** or **"What's in it for me?"**



Statistics	
Total Retired Members	
June 2016 = 394	April 2017 = 402
Total Retiree Resource Registry Volunteers	
June 2016 = 116	April 2017 = 130



<http://www.pmea.net/wp-content/uploads/2017/04/PMEA-and-Retired-Membership-1.pdf>.

In addition, I have written a blog on remaining involved and "engaged" in PMEA/NAfME: <https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>

**Book reviews of *The Couple's Retirement Puzzle...***

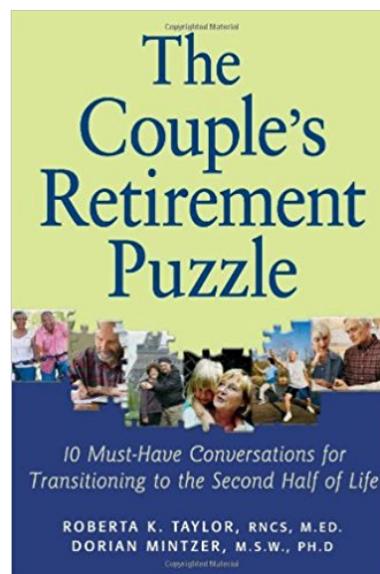
<https://vimeo.com/101418149> and [www.revolutionizeretirement.com](http://www.revolutionizeretirement.com)

Amazon: "We are in the midst of a 'longevity revolution' with more than seventy-eight million baby boomers pioneering a new life stage characterized by living and working longer, developing second or third careers, and taking advantage - as never before - of new opportunities for learning and growth. Couples in midlife and beyond are being challenged to redefine retirement and reinvent themselves and their relationships in order to enjoy a sense of meaning, purpose, and belonging in the second half of life."

*The Couple's Retirement Puzzle: 10 Must-Have Conversations for Transitioning to the Second Half of Life* is filled with conversations such as:

- *If, When, and How to Retire*
- *Let's Talk About Money*
- *Changing Roles and Identity*
- *Time Together, Time Apart*
- *Health and Wellness.*

"The book provides real-life examples as well as tips and techniques that can help couples learn to communicate more effectively and plan together for the next part of life."



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## PMEA Retired Member Network eNEWS: May 29, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

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### Official PMEA “news” and deadlines

- **PMEA Elections** for Band Content Area Rep and Orchestra Content Area Rep were announced. (You should have received a ballot by email!) Deadline to vote: **May 31, 2017**. Descriptions about these highly-qualified candidates are posted at <https://www.pmea.net/news/upcoming-pmea-election-information/>.
- **PMEA All-State Guest Conductor nominations** are due **June 12, 2017**. For more information, go to <https://www.pmea.net/news/all-state-guest-conductor-nominations/>.
- Plans for the **PMEA Summer Conference** are underway (more details to follow). This year's event will be held Tuesday, July 18 and Wednesday, July 19, 2017 at the Penn Stater Hotel and Conference Center in State College. PMEA has a room block reserved at the Penn Stater Hotel at a rate of \$117 a night (plus applicable taxes). Call Central Reservations at 1-800-233-7505 by **Friday, June 16** to reserve a room, and reference the Group Code **PMEC17A**.



### Helpful sites for “seniors caring for seniors”

All the way from Walnut, California, Marie Villeza (<http://ElderImpact.org>) shares with us the following support networks for senior caretakers:

“Some of the greatest partnerships I've ever seen have been between senior roommates.

Whether it's a married couple who've spent decades together or a pair of siblings who retired together, the care and consideration they always have for each other never ceases to inspire me. I think sometimes we spend so much time worrying about whether our seniors can take care of each other that we fail to see the amazing ways that they do.”

- **Home Modifications for Specific Needs** <http://www.aarp.org/livable-communities/info-2014/make-your-home-a-safe-home.html?intcmp=AE-HF-IL>
- **Disaster Safety for People with Disabilities** <https://www.redfin.com/blog/disaster-safety-for-people-with-disabilities>
- **Stretching Exercises for Seniors to Improve Mobility** <http://www.healthline.com/health/senior-health/stretching-exercises>
- **Fire Prevention, Preparedness, and Recovery** <http://www.homeadvisor.com/r/fire-prevention-preparedness-and-recovery/#seniors>
- **Senior Diabetes: Signs and Diagnosis** <https://nihseniorhealth.gov/diabetes/symptomsanddiagnosis/01.html>

**Happy trails, retirees.** Stay happy, healthy, and wise... in your blissful retirement! PKF

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