

PMEA Retired Member Network eNEWS: July 25, 2016

by Paul K. Fox, PMEA Retired Members Coordinator

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Welcome to another "blazing day of summer" and 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 via this e-mail address. Thanks for staying involved in PMEA and our profession!



Sweating out the summer months... do you need a laugh?

- **Signs You've Been a Teacher Too Long...**
<https://www.buzzfeed.com/ashleyperez/31-signs-youve-been-a-teacher-too-long>
- **New Zealand Reader's Digest "Funny Teacher Stories"**
<http://www.readersdigest.co.nz/magazine/Funny-Teacher-Stories.asp>

Web tools for managing the "Stages of Retirement!"

In which "stage of retirement" do you find yourself? Are you resting and taking an extended vacation, or currently mapping out your post-employment "plans," or already diving into your "golden years" with a full schedule of activities, or seeking new goals and your "life's purpose," or retreating from everything just to "get your head together?"



In preparing for my 2016 PMEA summer conference session on *Surviving and Reveling in Retirement*, I explored a variety of research on the definitions and strategies for transitioning retirement. Go ahead and try this yourself... Google "stages of retirement," but expect to sit and read for a while. To save you some time, I can share with you a couple samples from my favorite sites, hopefully relevant if you are now coping with some of the emotional ups-and-downs during this life-changing passage.

What first "jumped out at me" were "the ways people approach retirement" in an article by the American Psychological Association (edited by counselor Dr. Nancy Schlossberg): *Thinking About Retirement? Time to Think About Your Psychological Portfolio* (<http://www.apa.org/research/action/retire.aspx>)

- **Continuers** who continued using existing skills and interests;
- **Adventurers** who start entirely new endeavors;
- **Searchers** who explore new options through trial and error;
- **Easy Gliders** who enjoy unscheduled time letting each day unfold;
- **Involved Spectators** who care deeply about the world, but engage in less active ways;
- **Retreaters** who take time out or disengage from life.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>



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In 1975, Professor of Gerontology Robert Atchley at Naropa University identified his model of **"Six Stages of Retirement,"** described last year in great detail by Tedd Carr in a YouTube video at <https://www.youtube.com/watch?v=p8GDlOj8cro>. You should also check out the explanations of his own passage through these stages at the excellent *Retirement Journeys* website <http://retirementjourneys.com/2015/07/the-6-stages-of-retirement/>.



1. Pre-retirement
2. Retirement
3. Disenchantment
4. Reorientation
5. Retirement Routine
6. Termination of Retirement

USA TODAY came out with an article **"How to Reinvent Yourself in Retirement"** by Nanci Hellmich on October 12, 2014 with advice from Ken Dychtwald (CEO of Age Wave, a research think-tank on aging issues) on dealing with his five stages of retirement <http://www.usatoday.com/story/money/personalfinance/2014/10/12/five-stages-of-retirement/16975707/>.

1. Imagination
2. Anticipation
3. Liberation
4. Re-engagement
5. Reconciliation

Similar to this, I also found a good piece on the **"Six Emotional Stages of Retirement"** at the *Retirement Income Journal* quoting the results of Ameriprise Financials' New Retirement Mindscape II survey <http://retirementincomejournal.com/issue/september-15-2010/article/the-six-emotional-stages-of-retirement>.

1. **Imagination**, 6-15 years before retirement
2. **Hesitation**, 3-5 years before retirement
3. **Anticipation**, 2 years before retirement
4. **Realization**, first year of retirement
5. **Reorientation**, 2-15 years after retirement
6. **Reconciliation**, 16+ years after retirement

More info is posted at the Retired Members' section under "Focus Areas" of the PMEA website: past eNEWS issues, PMEA News articles, information about the **Retiree Resource Registry**, retiree session slides/handouts, listings of PA Community Bands, Orchestras, Choruses and Amateur Theater groups, and the continuously updated **"Ultimate Retiree Resource Guide."** <http://www.pmea.net/retired-members/>.



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Retirement gurus!

In addition to the above assets, I have discovered a community of writers and creators of blogs and podcasts who share their successes and challenges going through their own emotional passage to retirement. Since our goal is to help **you** navigate this journey, I recommend you take time to peruse the following "expert" retirees at their free sites:

- Dave Bernard <http://lovebeingretired.com/>
- Jean Potuchek <https://stepintofuture.wordpress.com/>
- Barbara Torris <http://www.retireinstyleblog.com/>
- Ernie Zelinski <http://www.retirement-cafe.com/>

I would also like to "toot my own horn" and shamelessly promote the blog-site **paulkfoxusc** of numerous articles about retirement, especially these most recent posts:

- <https://paulkfoxusc.wordpress.com/2016/07/22/post-employment-prep-new-places-to-go/>
- <https://paulkfoxusc.wordpress.com/2016/06/27/3-exit-lanes-to-self-help-retirement-guides/>
- <https://paulkfoxusc.wordpress.com/2016/05/15/retired-from-what/>.

News about music education outreach from all over

- **Announcing the 2016 MusicEd Idol:** Give a Note Foundation and 21st Century Fox are looking for 20 inspiring music teachers to award \$1000 grants for their music programs!



Nominate your inspiring teacher by creating a 30-second video telling about how a music teacher inspired you and made a difference in your life. Nominations will be accepted through October 1, and the 20 winners will be announced on October 21. Of the 20 winning music educators, five will be selected to attend the 2016 NAFME National In-Service Conference (November 10-13) in Grapevine, TX, as VIP guests and will take part in a panel discussion on how to help students reach their full potential. <http://www.pmea.net/news/announcing-2016-musiced-idol/>.

- **NAMM's 2016 Make Music Day:** On June 21, millions of people joined together worldwide to make and enjoy music, including more than 3,000 events in over 38 U.S. cities. "Unlike typical musical festivals, Make Music Day, presented by the NAMM Foundation and coordinated by the nonprofit Make Music Alliance, seeks to encourage all people, young and old, amateur and professional, to experience



the pleasures and benefits of making music. On the longest day of the year, first-time and seasoned musicians poured out onto the streets and into the parks, plazas, porches, and other public spaces to share music-making with friends, neighbors, and other music-makers."

<https://www.nammfoundation.org/articles/2016-07-13/successful-2016-make-music-day-numbers>

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Deja vu?

You may wish to read former Penn State Professor Dr. Maryellen Weimer's article "**Retirement Reflections: Things I Will and Won't Miss After 33 Years of Teaching**" <http://www.facultyfocus.com/articles/teaching-careers/retirement-reflections-things-i-will-and-wont-miss/>

Celebrate the passage of ESSA by continuing to make your voice heard!

NAfME and PMEA have excellent webpages for "taking action" on a variety of music education advocacy projects on which music teacher retirees can help:

- Visit the **Broader Minded™ blog** to become knowledgeable about the latest legislative and regulatory policy news election and campaign updates for 2016. <http://www.nafme.org/category/broader-minded/>
- Go to the **NAfME Grassroots Action Center** to support music education in Federal education policy, be involved with the legislative process, and engage your members in Congress. Send a letter to your elected representatives, asking them to fully fund Title IV, Part A within the approved "Every Student Succeeds Act." <http://bit.ly/NAfMEgrassroots>
- Keep in touch with state and local issues and check out **PMEA's advocacy page** <http://www.pmea.net/specialty-areas/advocacy/>

In school districts nationwide, music education programs are being reduced or eliminated altogether. At the same time, we know that music education programs in schools offer a multitude of invaluable benefits for students ranging from collaboration and communication skills, creativity, self-expression, and leadership to improved academic outcomes. Teaching music in classrooms is essential if we want to truly offer a world-class and well-rounded education to our students.

Within the "Every Student Succeeds Act" (ESSA), the landmark law includes a new block grant titled Student Support and Academic Enrichment Grants (SSAEG), which was created under Title IV, Part A. This grant will provide supplemental funding to help states and school districts, and provide access to "Well-Rounded" education subjects, which now includes music and the arts.

The Title IV, Part A Coalition is an alliance of like-minded prestigious education groups that are working to urge Congress to increase funding for this program. Formed in 2016, NAfME joined the Coalition as a founding member; the Association has since participated in key meetings with members of Congress, and help organize key press events on behalf of the Coalition.

[http://www.nafme.org/take-action/grassroots-action-center/.](http://www.nafme.org/take-action/grassroots-action-center/)

Reminders for TODAY...

To continue receiving these eNEWS and other publications/benefits, please be sure to re-up your **PMEA retired membership** ASAP! <http://www.pmea.net/membership-information/>

Tell Abi Young TODAY if you are coming to the **annual work day** at the PMEA state office in Hamburg, PA on July 27. Thanks for volunteering! abiyoung@pmea.net

Happy trails, retirees, and please send me updates about our retired members! PKF

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