

## Welcome to PMEA Retirees...

On behalf of the 375+ retired members of the Pennsylvania Music Educators Association (not to mention the nearly 4000 regular and collegiate members), congratulations and **welcome to retirement!**

When (now) Immediate Past President Dennis Emert appointed me to the position of State Retired Member Coordinator four years ago, I had no idea what I could offer... except to serve as a “cheerleader” and represent the interests of our music teacher retirees. This “note” is to acquaint you with the many resources PMEA offers to its retired members, and to “catch you up” on a few of our *Retired Member Network eNEWS* issues and other documents.



If I can ever be of any help, please don't hesitate to call (412-596-7937) or email me ([paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)).

Research indicates that people either LOVE retirement or HATE it, and their journey to the blessed “golden years” can have many ups and downs, especially for type-A, peak-performing individuals who (used to) spend large amounts of time and personally identified with “the job...” like many music educators. Since retiring from the Upper St. Clair School District in June 2013, my goal is to help others achieve a happy, healthy, and meaningful retirement. Serving in the position as PMEA State Retired Member Coordinator, my objectives for 2016-18 are:

- Continuation and expansion of PMEA Retired Members' projects started in 2015-16, including the Retiree Resource Registry (R<sup>3</sup>), PA community band, orchestra, chorus and theater group listings, volunteering at conferences, sessions on “how to retire,” etc.
- Exploration of new and unique ways to inform, motivate, engage, and activate PMEA retired members, to enhance their feelings of value, purpose, and being “needed and useful” in support of PMEA and the music education profession: “The mission of the Pennsylvania Music Educators Association is to advance comprehensive and innovative music education for all teachers and students through quality teaching, rigorous learning, and meaningful music engagement.”
- Improvement in data tracking of retired members' membership status and contact information
- Publication of news, awards, appointments, and successes of retired members
- Promotion of additional tools for a smooth transition to happy retirement

Your first stop for retirement resources should be the PMEA website (look under “Focus Areas”), where we post past issues of the digital newsletter *Retired Members Network eNEWS*, relevant articles from *PMEA News*, etc. Check it out at <http://www.pmea.net/retired-members/>.

Are you still willing to “lend a hand” on PMEAs projects or share your expertise and provide a free (but priceless) consultant service to new/transferred PMEA members and officers? We update and publish a **Retiree Resource Registry** and **R<sup>3</sup> Help Index** on the website. This project is a major “win-win” as it also allows the retired member a place to archive all his/her achievements, awards, past and current assignments, interests, and hobbies. To join this prestigious roster of “who’s-who of past music teaching leaders in PA,” please go to <https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/>.



Now that you are retired, you will receive discounts galore! For example, registration for retirees at the **PMEA Spring Conference** is... (drum-roll, please!) ONLY \$10 or \$15! tails: <https://www.pmea.net/pmea-annual-in-service-conference/>.



Retired and the retiring are cordially invited to the session, “The Magnificent Metamorphosis: Transitioning to a Happy and Meaningful Retirement” on April 19, 2018 at 3 p.m. at the PMEA Spring Conference in the Lancaster Convention Center.

Materials from a past conference session, “**Retirement – It’s Not About the Money**,” are also in the retired members’ section. Also, a good start for you is to download the handout *Ultimate Retiree Resource Guide*, updated frequently and probably the most comprehensive “reading list” ever published for retirees.

Check out the archived *PMEA Retired Member Network eNEWS* editions (which you will receive once-a-month) at <https://www.pmea.net/retired-member-network-eneews-archive/>. We have published numerous retired member columns in the state journal *PMEA News* (access to current PMEA members is available at <https://www.pmea.net/resources/pmea-news/>). Samples:

- “Pet Ownership and Retirement” (Fall 2016)
- “Act Well Your Part; There the Honor Lies” (Winter 2016)
- “Tips for Music Teachers Who Are Retired, Retiring, or Soon-to-Retire” (Spring 2017)
- “What Are You Going to Be When You Grow Up?” (Summer 2017)
- “The Vocabulary of Retirement and Leisure” (Fall 2017)
- “Sailing Through a Proverbial Sea of Self-Help Books on Retirement” (Winter 2017)

Finally, just for YOU, I have an extensive blog-site with more articles on retirement from music teaching. You are invited to visit <https://paulkfoxusc.wordpress.com/for-retirees/>. Of special interest to “newbie” retirees would be <https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/> and <https://paulkfoxusc.wordpress.com/2017/09/30/t-minus-three-years-and-counting/>. Enjoy!

Please keep in touch. We would love to hear from you! PKF