

## Welcome to PMEAs Retirees...

On behalf of the 400+ retired members of the Pennsylvania Music Educators Association (not to mention the 4000+ regular and collegiate members), congratulations and welcome to retirement!

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

Please save this document and the e-mail and attachments associated with it to refer back often. If I can be of any help, feel free to call me: 412-596-7937.

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. My objectives for 2016-18 are:

- Continuation and expansion of PMEAs 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 PMEAs retired members, to enhance their feelings of value, purpose, and being “needed and useful” in support of PMEAs 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 PMEAs website (look under “Focus Areas”), where we post past issues of the digital newsletter Retired Members Network eNEWS, relevant articles in PMEAs 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 PMEAs members and officers? We constantly update and publish a **Retiree Resource Registry** (<http://www.pmea.net/wp-content/uploads/2014/10/Retired-Resource-Registry-updated-01-23-2017.pdf>) and **R<sup>3</sup> Help Index** (<http://www.pmea.net/wp-content/uploads/2014/10/R3-Help-Index-012317.pdf>) on the website. This project is a “win-win” as it also allows the retired member a place to archive all of 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/> or the website to complete the R<sup>3</sup> sign-up survey.

In addition, now that you are retired, registration for you at the **PMEA Spring Conference** is... (drum-roll, please!) ONLY \$10 or \$15! Our next conference will be held at the Erie Bayfront Convention Center on April 19-22, 2017. The retired members get to enjoy some social time to “swap stories” with a FREE breakfast on Friday, April 21. In addition, we are looking for volunteers to help man the PMEA Info Booth... “retired members to the rescue!” Check out these links on the PMEA website for more details about the conference: <http://www.pmea.net/wp-content/uploads/2014/10/PMEA-Retired-Members-Come-to-Erie.pdf> and <http://www.pmea.net/pmea-annual-in-service-conference/>.

FYI, materials from my summer conference session, “Surviving and Reveling in Retirement,” are also in the retired members' section. Feel free to download the workshop's slides (<http://www.pmea.net/wp-content/uploads/2014/10/surviving-and-reveling-in-retirement-071316-web.pdf>) and the recently revised handout (<http://www.pmea.net/wp-content/uploads/2014/10/ultimate-retiree-resource-guide.pdf>), the latter probably the most comprehensive “reading list” ever published for music teacher retirees. (See attachment!) I am now preparing for a session at the **55th Biennial NAfME Eastern Division Conference** in Atlantic City on April 6, 2017. The title of my workshop is (appropriately) “Living the Dream... Survival and Celebration of Retirement.” Need an excuse to get-away from PA? Go to <http://nafme-eastern.org/>.

Finally, I have an extensive blog-site with articles on retirement from music teaching. Please visit <https://paulkfoxusc.wordpress.com/for-retirees/>.

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

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