SURVIVING & REVELING IN RETIREMENT

“Living the Dream”
Enjoying a smooth transition to a happy, healthy, and meaningful retirement
PMEA Summer Conference – Seven Springs – July 13, 2016

TARGETS

Audience
• Retired,
• Retiring,
• Soon-to-retire…
• Music teachers and other professionals preparing for retirement, successfully coping with life-style changes and transformed expectations, and finding creative new ways to self-reinvent and thrive.

Goals of Session - Review…
• Post-employment transitional issues
• Definitions and philosophy of and approaches to retirement
• Strategies for retirement planning
• Activities to achieve a work/life balance and purpose in retirement
• Resources

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TYPES OF MUSIC TEACHER RETIREES

The Good, the Very Good, and the Ugly!

- People who do not see themselves as retired, just leaving a full-time job of public school music teaching, and moving on to new goals, employment, and/or volunteer work.

- People who know they are retired, are relieved from the stress of day-to-day employment, and now feel ready to fill and complete new “bucket lists,” spend more time with family, travel, and hobbies, and perhaps even explore several new areas/levels/skills in music and education.

- People who know they are retired, are happy to leave the profession, and want nothing to do with any part of music education or PMEA.

TWO KINDS OF JOB DEPARTURES

Voluntary
- Elective resignation
- Early or full retirement
- Sabbatical/leave of absence
- Vacation

Involuntary
- Forced retirement
- Furlough/layoff
- Suspension/termination
- Re-assignment/displacement
- Downsizing of position or program
- Elimination of position or program
GOOD AND BAD EMOTIONS

- Excitement
- Joy
- Freedom
- Accomplishment
- Peace of mind
- Optimism

- Ambivalence
- Sadness (re: loss/change in professional identity, collegial community)
- Anxiety (angst)
- Pessimism

Common to both voluntary and involuntary job departures

Psychologist Dr. Yvette M. Guerrero, University of California

“THE GREATER PART OF OUR HAPPINESS OR MISERY DEPENDS ON OUR DISPOSITIONS, AND NOT OUR CIRCUMSTANCES.”

Martha Washington
YOU EITHER LOVE IT OR HATE IT!

“50% of retirees will suffer some form of acute emotional distress. This is potentially a very large problem given the fact that 10,000 people are becoming eligible for Social Security every day for the next 20 years in the US alone.”

Dr. Robert P. Delamontagne in Retiring Mind, Fairview Imprints, 2010

IN Voluntary TRANSFERS OR CUTS

The Unhappy Pathway... “Downsized and Out!”

• Music is eliminated from the curriculum or building in which you teach.
• You feel you must retire early to avoid losing existing medical benefits.
• Budget cuts result in several arts teachers being furloughed.
• You voluntarily retire from the full-time job, but hope to continue as assistant marching band director (to complete your 30th year). Unrelated to you, a board member withdraws your name from the agenda and you never receive approval.
• The new head coach of the sport in which you have assisted for ten years fires you to bring in his “cronies.”
• The secretary (not the administrator himself) informs you that “your services are no longer required” in an extra-curricular assignment you have served for 25+ years.

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STAGES OF GRIEF AND LOSS

Coping with being “kicked to the curb”

1. Denial (disbelief, numbness, shock)
2. Bargaining (preoccupation with “what could have been,” guilt, remorse)
3. Depression (sadness, loneliness, emptiness, isolation, self-pity)
4. Anger (feelings of helplessness, abandonment)
5. Acceptance (emotional resolution, healing)


IF YOU DO LOSE YOUR JOB...

Online resources that may help

- Lifehacker: “9 Things You Should and Shouldn’t Do If You Lose Your Job” by Shannon Smith
- Nolo: “Losing a Job – Ten Things You Can Do to Make It Less Painful”
- National Institute of Mental Health: “Post-Traumatic Stress Disorder”
APPROACHES TO RETIREMENT

Scenarios for the Happy Pathway...

• **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.

Dr. Nancy K. Schlossberg, counseling psychologist

NEW DEFINITION OF RETIREMENT

“Staying Engaged”

• Recent research shows that many “high achievers” don’t want to fully retire.
• They take a break, to choose what new paths of work/life balance quests will be fulfilling to them.
• They re-invent themselves!

(Approximately 30% of the sample were considered high achievers. About 1/2 of the sample want 50% partial retirement; and only 6% want to fully retire.)

Dychtwald, K., Ph.D. – Psychologist & Gerontologist, 2008
PREPARING FOR RETIREMENT

“If you were planning to spend the rest of your life in another country, you would want to learn as much about it as possible. You would read books about the climate, people, history, and architecture. You would talk to people who had lived there. You might even learn a bit of its language. Old age is like another country. You’ll enjoy it more if you have prepared yourself before you go.”

B. F. Skinner and Margaret Vaughn in TIPS Retirement for Music Educators, MENC 1989

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“THERE IS NO PLEASURE IN HAVING NOTHING TO DO; THE FUN IS HAVING LOTS TO DO AND NOT DOING IT.”

John W. Raper
PREPARING FOR RETIREMENT

Prior to retiring, you should make a concerted effort to prepare for “life after work,” including:

• Cultivate interests outside work
• Lead a healthier lifestyle
• Revitalize family relationships
• Spend more time with spouse
• Embrace spirituality or meditation
• Nurture friendships and make new friends

Retire Happy – What You Can Do Now to Guarantee a Great Retirement
USA TODAY/Nolo Series by Ralph Warner and Richard Stim

BEFORE RETIREMENT

1. Sit down with your spouse if you are married and plan ahead carefully.
2. Decide when you want to retire. Estimate as accurately as possible what your economic situation will be after you retire.
3. Decide where you want to live after you retire.
4. Set some goals regarding how you want to spend your retirement time. Focus on your talents and abilities instead of looking at the handicaps that may come with the aging process.
5. Be prepared for change and learn to handle change positively.
6. Be sure your intentions are clearly stated in writing (wills, power of attorneys, living wills, etc.)

TIPS Retirement for Music Educators, MENC 1989

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BEFORE RETIREMENT

“Here is something I firmly believe in when you retire, and I utilized it at the time – still do. Have a plan!

“Figure out some idea of what you want to do with the rest of your life after teaching...

“Just be sure that you have something to do, because to do nothing is just unhealthy for your mind and body.”

Chuck Neidhardt in “Advice from the Retirees,” PMEA News, Summer 2015

“IF YOU’RE NOT LIVING ON THE EDGE, YOU’RE TAKING UP TOO MUCH SPACE.”

Stephen Hunt
7 SECRETS FOR HAPPY RETIREMENT

1. Good health
2. A significant other (spouse)
3. A social network (friends)
4. Avoidance of heavy TV viewing
5. Intellectual curiosity (brain-stimulating hobbies)
6. Not being addicted to achievement (“The more you are defined by your job, the harder it will be to adjust to life without.”)
7. Enough money

Sydney Lagier in US News and World Report, July 20, 2010

“OUR PLANS MISCARRY BECAUSE THEY HAVE NO AIM. WHEN A MAN DOES NOT KNOW WHAT HARBOR HE IS MAKING FOR, NO WIND IS THE RIGHT WIND.”

Seneca
STRATEGIES FOR RETIREMENT

• Because your brain’s reward center likes variety, give yourself an assortment of new or unique experiences.
• Treat first year in retirement as if you are “interning” to give yourself time to readjust and set new expectations.
• Find meaning in new passions, including possibly using your employment skills in a new job or volunteer work.
• “Let your best friends not be the TV, refrigerator or couch. Let your best friends be real people, books, and sports shoes.”

Dr. Amit Sood, author of The Mayo Clinic Guide to Stress-Free Living

AVOID THESE EMOTIONAL “BUMPS” ALONG THE WAY

• Inferiority complex: Loss of professional identity or self-worth defined by the old job
  • "No one remembers who I am"
  • Return of your ID badge and keys
  • Removal of your web presence and school e-mail access
  • Fewer opportunities for professional interactions and collegial community

• Delusions of grandeur: "Let me train my replacement…” Your help is not needed or wanted. Learn how to say goodbye and stay away.

• Denial: “I’m not retired!”

“Surviving Retirement: Avoiding Turmoil, Traumas, Tantrums, and Other Transitional Problems” in the Winter 2015 issue of PMEA News
"RETIREMENT IS THE LAST OPPORTUNITY FOR INDIVIDUALS TO REINVENT THEMSELVES, LET GO OF THE PAST, AND FIND PEACE AND HAPPINESS WITHIN."

Ernie J. Zelinski

TIPS FOR A SMOOTH TRANSITION

- Pursue meaningful work (i.e. "encore career") and leisure activities/hobbies
- Create new relationships & social ties/network (to people of all ages, cultures, interests-global)
- Learn new skills & professional endeavors
- Become active in projects you couldn’t pursue while working
- Consider fulfilling volunteer work if desirable

Dychtwald, K., Ph.D. – Psychologist & Gerontologist, 2008
FINDING PURPOSE IN RETIREMENT

• To make a difference in people’s lives
• To make a contribution
• To find creative expression
• To take part in discovery and challenge
• To help preserve the environment
• To accomplish or achieve a challenging task
• To improve health and well-being

Ernie J. Zelinski in How to Retire Happy, Wild and Free, 2016

BUCKET LISTS

1. Make a list of your life goals.
2. Bring joy to others by helping.
3. Live your dream and find joy in your life.
4. Give credit to those who have helped you.

http://www.bucketlist.net or http://bucketlist.org/how-it-works
“BE WHAT YOU IS, NOT WHAT YOU AIN’T, ’CAUSE IF YOU AIN’T WHAT YOU IS, YOU IS WHAT YOU AIN’T.”

Luther D. Price

WORK/LIFE BALANCE

“The cure for boredom is curiosity. There is no cure for curiosity.”
– Ellen Parr

Emie J. Zelinski in How to Retire Happy. Wild and Free
“GET-A-LIFE” TREE

Things to pursue in retirement…
1. Activities that turn you on now
2. Activities that turned you on in the past (but you have stopped doing)
3. New activities you have thought of doing (but haven’t done yet)

Ernie J. Zelinski in *How to Retire Happy, Wild and Free*

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VOLUNTEERING – GIVING BACK

What does it mean to be *eleemosynary*?
Adjective… defined as “generous, charitable, gratuitous, or philanthropic”

“With a frequently untapped wealth of competencies and experiences, older people have much to give. This fact, coupled with fewer requirements for their time, gives them unique opportunity to assume special kinds of helping roles.”


“Our increased longevity and generally better health has opened our eyes to new and increased opportunities to contribute to the betterment of society through civic, social, and economic engagement in activities we believe in.”

Jo Ann Jenkins, CEO of AARP – *Disrupt Aging*, 2016
VOLUNTEERS NEEDED!

- Escort at local hospital or nursing home
- Walk dogs at animal shelter
- Serve in charitable fund-raising projects
- Assist food banks and meals-on-wheels agencies
- Enlist as special advocate for abused or neglected children
- Work as hospice volunteer
- Maintain parks, trails, nature habitats, or recreation centers
- Host an international student
- Become a youth director, mentor, or scout leader
- Teach summer school, night classes or Performing Arts workshops
- Give guided tours or lectures as a docent at a local museum
- Apply office management and clerical skills to benefit libraries and other nonprofit associations
- Run a school club (share your hobby)
- Enlist as special advocate for abused or neglected children

http://www.volunteermatch.org/search/?l=pennsylvania

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RETIREMENT IS PERFECT FOR...

Exercise
“Begin a routine exercise plan, or begin a sport. You don’t have to be good at it – just do it for your health. This is a must for retirees because the exercise we got from walking the hall between our room and our mailbox (or elsewhere in the school) is no longer there. It only takes a short while to begin to add the pounds and lose the strength we had while teaching. Also, be sure to begin a regular regimen of seeing your doctor and having a physical check up at least once a year.” – Chuck Neidhardt

https://paulkfoxusc.wordpress.com/2015/07/06/thoughts-on-retirement-exercise-and-balance/

Babysitting
“Not only is your generous super-competent babysitting services providing ever-so-essential care-taking of your love-ones, “playing with the kids” is wonderful for your own mood and mental health. “Keep around young people and you will stay forever young!” However, invest your time wisely. You deserve a life of your own and unstructured time off. It is easy to be taken advantage of, so don’t let this childcare schedule dominate everything you do in your retirement.”


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"HEALTH IS THE VITAL PRINCIPLE OF BLISS. AND EXERCISE, OF HEALTH."

James Thomson

RETIREMENT IS PERFECT FOR...

Pets
“For me, walking the dogs has become the most amazingly peaceful and reflective activity. It has improved my disposition, calmed my nerves, sharpened my senses, increased my capacity for patience and tolerance, and lowered my blood pressure... If you do not already own a dog or other pet, I strongly encourage you to consider the option of adopting or rescuing a dog! It may be one of the best decisions of your life!”

Travel
“Travel can enhance your retirement significantly since it provides an elevated degree of stimulation, freshness, and pleasure not encountered in your everyday routine and environment. Of course, travel is a great teacher. Regardless of where you go, you can always learn something new.”

Ernie J. Zelinski in How to Retire Happy, Wild and Free

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REVISITING YOUR CREATIVE ROOTS

Sing
Community chorus
Church choir
Solo vocalist
Folk, rock, jazz groups

Play an instrument
Community bands or orchestras
Pit orchestras
Solo or chamber music groups
Folk, rock, jazz groups

Do theater
Acting
Dancing
Scenery/make-up
Stage tech

“SINGING HAS ALWAYS SEEMED TO ME THE MOST PERFECT MEANS OF EXPRESSION. IT IS SO SPONTANEOUS. AND AFTER SINGING, I THINK THE VIOLIN. SINCE I CANNOT SING, I PAINT.”

Georgia O’Keeffe
REKINDLING YOUR EXPRESSIVENESS

• Why did you go into music and education in the first place?
• What have you always wanted to play... sing... compose... conduct... create?
• Have you thought about learning a new instrument, skill, or musical style?
• When will you finish your own “Mr. Holland’s Opus” and have it performed?
• What next would you like to prepare, conduct, perform, and/or record?
• When are you going to finish and publish your songs, sonatas, warm-ups, methods, essays on pedagogy, musical plays, halftime shows... or personal memoirs?
• What is your next article, book, method, composition, drumline feature, etc.??
• When are you going to join a community band, orchestra, chorus or theater group?

Directories of PA community bands, orchestras, choruses, and theater groups are posted on the PMEA website under focus areas/retired members – http://www.pmea.net/retired-members/

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SHARING YOUR MUSICAL SKILLS

• Serve as PMEA presiding chair or member of the planning committee or listening committees for the PMEA State In-Service Conferences
• Participate as guest lecturer or panel discussion member at a conference, workshop, or college methods program
• Judge PMEA adjudication festivals
• Help plan or manage a local PMEA festival or workshop
• Accompany, coach, or guest conduct festivals or school/community groups
• Assist the local music teacher in private teaching, piano playing, marching band charting, sectional coaching, set-up of music technology, instrument repair, etc.

• Write for PMEA News
• Join the Retiree Resource Registry and offer your free service to other PMEA members

Past retired members’ articles in PMEA News

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THE RETIREE RESOURCE REGISTRY

R³ ADVISORY AREAS

• Accompaniments
• Adjudications
• Arts Advocacy
• Assessments
• Auditions
• Band (EL/MS/HS/Collegiate)
• Booster Groups
• Chamber Music
• Chaperoning (local or PMEA All-State)
• Choral (EL/MS/HS/Collegiate)
• Choreography/Dance
• Coaching
• Community Ensembles
• Composing/Arranging
• Conference (Planner, Presider, Speaker)
• Core Arts Standards
• Curriculum Writing
• Dalcroze Eurythmics
• Early Childhood
• Festival Preparation
• Fund-Raising
• General Music (EL/MS/HS)
• Guest Conducting
• Higher Education
• Hosting a Festival
• Instrument Repair
• Instrument Sales
• Jazz (EL/MS/HS/Collegiate)
• Kodaly
• Marching Band
• Mentoring
• Music Appreciation
• Music Theory
• Musicals (EL/MS/HS/Collegiate)
• Orff
• PCMEA and Teacher Training
• Professional Development
• Research
• Strings (EL/MS/HS/Collegiate)
• Technology
• Theatre Tech
• Traveling/Tours
• Voice
• World Drumming
• Writing for PMEA News

http://www.pmea.net/retired-members/

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R³ HELP INDEX

Retiree Resource Registry – R³

Help Index

March 16, 2016

Please use this directory as an index to find suitable advisors, consultants, or volunteers printed in the PMEA Retiree Resource Registry (R³) under the Barred Member section of the PMEA website: http://www.pmea.pa.us/index.cfm. Page 2-9 below are listed alphabetically by subject areas.

If you have a suitable mentor for this index, please send your information to info@pmea.org. If you think you are a PMEA retired member and would like to join the registry? Please go to the following link: http://www.pmea.org/retiredmembers

This R³ and Help Index will be updated periodically to reflect new data received.

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SAMPLE R³ DIRECTORY ENTRY

Name: Brenda Williams
Contact Info: 724-312-2131 (Cell); williams@comcast.net
Retired from what Institution(s): Rochester Area School District
Years of Service: 25; Month/Year of Retirement: June 2015
Professional Accomplishments, Awards, etc.:
Past President of District 5

Job Assignments Throughout Career:
K-6 General Music, Sr. High Chorus, Jr. High Chorus (5, 7 & 8); 9th grade Chorus; Elementary Instrumental
Lessons and Band; Sr. High Band (Marching & Concert); Music History; Humanities; 7th grade general music

Areas You Would Be Willing to Serve as an Advisor, Consultant or Volunteer (please check all that apply):
ES Band
MS Band
HS Band
ES Choral
MS Choral
HS Choral
ES General Music
MS General Music

Other Areas You Would Be Willing to Serve as an Advisor, Consultant or Volunteer (please check all that apply):
Auditions
Festival Participation

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SAMPLE R³ DIRECTORY ENTRY

Name: Robert Reid
Contact Info: 814-481-7027 (Cell); reid@mercyhurst.edu
Retired from what Institution(s): Wattsburg Area School District
Years of Service: 34  Month/yr. of Retirement: June 2013

Professional Accomplishments, Awards, etc.:
D-2 executive board member 29 years; Pres. Pres. C/I Chair, Secretary, Treasurer, Jr High Citation of Excellence. 3 time PMEA All-State Local Host

Job Assignments Throughout Career:
K-12 General  MS/HS Choir MS/HS Band Theater Orchestra Marching Band

Current Activities Related to Music/Music Education:
Director of Athletic Bands at Mercyhurst University in Erie PA

Subjects of Expertise You Would Be Willing to Help a New Teacher or Transfer:
Any Instrumental/Marching related

I am interested in:
Attending PMEA Conferences, Participating in PMEA Workshops, Guest Lecturing, Guest Conducting, Panel Discussions

Areas You Would Be Willing to Serve as an Advisor, Consultant or Volunteer (please check all that apply):
HS Band
HS Band
Collegiate Band
HS Marching

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WHO ARE THESE HAPPY RETIREES?

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STILL CONTRIBUTING TO MUSIC…

Top: David Sheaffer, Mark Jelinek, Ruth Cox Miller, and Estelle Hartranft
Bottom: David Cree, Dean Streator, Bret Mascaro, Lee Wesner, and Otis Kitchen

TWO QUOTES ON… “HOPE!”

• **ANDY:** “Remember Red, **hope** is a good thing, maybe the best of things, and no good thing ever dies.”

• **RED:** “I find I’m so excited that I can barely sit still or hold a thought in my head. I think it’s the excitement only a free man can feel. A free man at a start of a long journey whose conclusion is uncertain. I hope I can make it across the border. I hope to see my friend and shake his hand. I hope the Pacific is as blue as it has been in my dreams. **I hope.**”

From the movie *Shawshank Redemption*
SAMPLE BOOK RESOURCES

Reference Manuals
- How to Retire Happy, Wild and Free by Emie Zelinski
- Disrupt Aging by Jo Ann Jenkins
- TIPS: Retirement for Music Educators compiled by A. Verne Wilson (MENC)
- Happy Retirement: The Psychology of Reinvention by Kenneth S. Shultz

Tutorials
- It’s Never Too Late to Begin Again by Julia Cameron
- The Artist’s Way by Julia Cameron

Narratives/Stories
- Refire! Don’t Retire by Ken Blanchard and Morton Shaevitz
- Look Ma, Life’s Easy by Emie Zelinski

ADDITIONAL RESOURCES

- Handout: The Ultimate Resource Guide/Bibliography for Music Teacher Retirees
- Blogpost: https://paulkfoxusc.wordpress.com/category/retirement-resources/
- Retired member website: http://www.pmea.net/retired-members/
- PMEA Retired Member Coordinator:
  - Paul K. Fox
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