



**Welcome** to the latest edition of **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!

### Summertime humor?

**Will and Guy's Best Clean Jokes for August** (But, they have little to do with summer or August!)

[http://www.guy-sports.com/months/index\\_aug.htm](http://www.guy-sports.com/months/index_aug.htm)

### How to Grow Strawberries

Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Tim, a little boy of eight, was playing in his yard when he saw the farmer and asked, "What've you got in your trailer?"

"Manure," Farmer Evans replied.

"What are you going to do with it?" asked Tim.

"Put it on my strawberries," answered the farmer.

Tim replied, "You ought to come and eat with us. We put ice-cream on our strawberries."



### Fascinating Teaching

The teacher asked her class of 8-year-olds to use a sentence containing the word *fascinate*.

Molly put up her hand and said, "My family went to my granddad's farm, and we all saw his pet sheep. It was fascinating." The teacher said, "That was good, but I wanted you to use the word *fascinate*, not *fascinating*."

Sally raised her hand. She said, "My family went to see Rock City and was fascinated."

The teacher said, "Well, that was good Sally, but I wanted you to use the word *fascinate*."

Little Johnny raised his hand. The teacher hesitated because she had been burned by Little Johnny before. She finally decided there was no way he could damage the word *fascinate*, so she called on him. Johnny said, "My aunt Gina has a sweater with ten buttons, but her bosoms are so big she can only fasten eight."

The teacher sat down and cried.

### Arresting Time

A police officer in a small town stopped a motorist who was speeding down Main Street.

"But officer," the man began, "I can explain."

"Quiet!" snapped the officer. "I'm going to let you spend the night in jail until the chief gets back."

"But, officer, I just wanted to say..."

"And I said be quiet! You're going to jail!"

A few hours later, the officer looked in on his prisoner and said, "Lucky for you, the chief is at his daughter's wedding. He'll be in a good mood when he gets back."

"Don't count on it," answered the guy in the cell. "I'm the groom."





## What would Agatha Christie do in retirement?

<http://www.retirement-cafe.com/Fun-Things-to-Do-When-You-Retire.html>

As related by best-selling author Ernie Zelinski on his website *The Retirement Café*, the following is a list of activities created by the British writer Agatha Christie (1890-1976) as included in the publication *Agatha Christie: An Autobiography* (Dodd, Mead & Co., 1977).



- Sunshine
- Apples
- Almost any kind of music
- Railway trains
- Numerical puzzles and anything to do with numbers
- Going to the sea
- Bathing and swimming
- Silence
- Sleeping
- Dreaming
- Eating
- The smell of coffee
- Lilies of the valley
- Most dogs
- Going to the theatre

Ernie concludes, "This list of activities and things that Christie loved may trigger some of the stuff that turns you on and which you can use for an active retirement. This will go a long way towards conquering retirement boredom."

## What are you going to do when you retire?

"10+ Ideas to Help You with the Question!" by John Brady

<https://www.marketwatch.com/story/10-of-the-best-things-to-do-in-retirement-2013-04-09>

<https://www.topretirements.com/blog/retirement-planning-2/10-ideas-to-help-with-the-what-are-you-going-to-do-when-you-retire-question.html/>

1. Get a job.
2. Volunteer.
3. Take up a sport.
4. Get a hobby.
5. Start a business.
6. Travel.
7. Take a bridge (gap) year.
8. How about camp for adults?
9. Go south for the winter.
10. Make some friends whose ages are different than yours.

## A "retiring" Ben Franklin

"How America Lost Track of Ben Franklin's Definition of Success" by John Paul Rollert

<https://www.theatlantic.com/business/archive/2015/09/how-america-lost-track-of-benjamin-franklins-definition-of-success/400808/>

"Having worked as a successful shopkeeper with a keen eye for investments, Franklin had earned his leisure, but rather than cultivate the fine arts of indolence, retirement, he said, was time for doing something useful." — read the entire article by clicking the link above.



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## More Internet trolling...

**"The Brass Ring"** by Mike Sager

AARP Spotlight on Herb Albert

<http://www.herbalpert.com/aarp-latest-issue-feature-on-herb/>

"The first time I picked up a trumpet, I was eight years old. Today you might say I'm a card-carrying introvert, but I was even worse when I was young. It was so bad, I was almost mute."

"I went to this music class, and they had a table filled with instruments. As I learned to play, I began to realize that the trumpet could do my talking - it was saying what I couldn't get out of my mouth. Obviously, it transformed my life, and that's why I'm so excited about kids having this same type of opportunity..." — read more of the June/July 2018 article in *AARP The Magazine*.



**"The Adventure List: What It Is and Why You Need One"** by Dave Hughes

Revisiting the Art of a "Bucket List"

<http://retirefabulously.com/adventure-list/>

Nothing says "I'm baaaack" better than the posting of his latest blog on retirement:

"...While the concept of the Bucket List is good, it has its limitations. You probably think of your bucket list in grandiose terms. Your list is probably filled with big-ticket items and stretch goals, like taking a trip to Japan, visiting every national park, or jumping out of a perfectly good airplane."

"There's nothing wrong with that, but the reality is that unless you are diligent in your pursuit of your bucket list items, you will probably run out of time, money, or ability to achieve all of them before you actually kick that proverbial bucket."

"The time you spend experiencing your bucket list dreams will comprise a relatively small percentage of the rest of your time on Earth. And while major events are memorable and satisfying, your overall happiness is going to be determined more by how you live your life on a day-to-day basis."

"As writer and cartoonist Allan Saunders said (and John Lennon later sang), 'Life is what happens to us while we are making other plans.' And one of my favorite quotes is this one by Annie Dillard: 'How we spend our days is, of course, how we spend our lives.' "



"So how can you ensure that your life is enjoyable and fulfilling during all that time between each of your bucket list experiences?"

"You need an Adventure List!" — read the entire article from his [www.retirefabulously.com](http://www.retirefabulously.com) website by clicking the link above.



Dave Hughes and his newest book *Smooth Sailing into Retirement*





**"Psychological Effects of the Transition to Retirement"** by John W. Osborne

From the *Canadian Journal of Counseling and Psychotherapy*

<https://files.eric.ed.gov/fulltext/EJ969555.pdf>

An academic abstract, all the way from the University of Alberta in Canada:

"Psychological effects of disengagement from a work life and the transition to retirement are discussed. These effects include partial identity disruption, decision paralysis, diminished self-trust, experience of a post retirement void, the search for meaningful engagement in society, development of a retirement/life structure, the confluence of aging and retirement, death anxiety, the critical nurturing of social relationships, and self-actualization. Some aspects of preretirement life that can be predictive of a successful transition are also presented. This article is relevant for both counselors and retirement advisors, whose clients may be planning retirement or have retired."



**Fall prevention for you and yours**

We are "blessed" with this contribution for all senior caregivers from Angie Halverson:

"Every 19 minutes an older adult dies from a fall. That statistic recently hit home for me personally when my dad fell last summer. But I and a few others at Always Discovering have been focused on fall prevention ever since."

"Thankfully, he wasn't seriously hurt. My sister and I came in and made some changes to his flooring and bathroom and set him up with personal alarm, which of course he hates. There was a bit of a learning curve for me..."

"So, I've prepared a **Fall Prevention Toolkit**. I hope it will help you the way it's helped me."

**One in four people age 65 or older has a fall each year.**



**Don't be one of them!**

- **Selling a Home with Modifications for Older Adults**  
<https://www.homecity.com/home-modifications-and-selling-your-home>
- **The Complete Guide to Home Modifications to Prevent Falls**  
<https://www.bigrentz.com/how-to-guides/guide-home-modifications-prevent-seniors-falling>
- **Fall Prevention**  
<https://www.ncoa.org/healthy-aging/falls-prevention/>
- **Fall Prevention & Mobility: Practical Safety and Organization Strategies for Seniors**  
<https://www.yourstoragefinder.com/fall-prevention-organization>
- **Helping a Senior Regain Confidence After a Fall**  
<https://www.fivestarseniorliving.com/blog/health-wellness/helping-a-senior-regain-confidence-after-a-fall>
- **Senior Fall Prevention: A Roadmap for Navigating Resources and Benefits**  
<https://www.justgreatlawyers.com/fall-prevention-resources>
- **How to Talk about End of Life Planning with Your Family:**  
<https://havenlife.com/blog/end-of-life-discussions/>







### New insights for future PMEA "Retirement 101" presentations

We were fortunate to have Dr. John V. D'Ascenzo join the PMEA Retired Member Coordinator at the PMEA Summer Conference, assisting on the session **Retirement 101 - Retiree Stories and Strategies**, which was held on July 17-18 at the Red Lion Hotel.

The "Who, What, When, Where, Why, and How" of Retirement, an attendee-focused interactive workshop, allowed "advice from the experts," and John provided a lot of interesting perceptions and coping tips for the "soon-to-retire!" He shared these new segments for consideration with references:



**"Swim like a shark."** This section would encourage retirees to continue long-term pursuits of paths that involve personal and professional growth. The evaluating of personal and professional paths prior to and at the time of retirement, leads to behavioral changes that promote positive outcomes (Krawulski, de Oliveira Cruz, Medina, Boehs & de Toledo, 2017). Activities would include:

- Giving and/or receiving education/training.
- Volunteering roles: leadership, followership.
- Pursue different career paths for remuneration or gratis.

**"Lose the fear of failure and need for approval."** This section would include strategies that promote confidence and self-efficacy. Retirees tend to become inactive regarding personal and professional growth because of a fear of failure or the need for approval (Abusham, 2018). These aspects can be viewed as chains that stifle improvement. Retirees may need to approach experiences with the attitude that if something does not work as planned, another path can be taken.

**"Network, Network, Network."** This section would include strategies to develop social and professional interactions. Griep et al (2017) explored engaging in activities that promoted successful outcomes to enhance self-efficacy by focusing on developing a sense of purpose. Activities do not need to center on music or education. Broadening horizons could produce personal satisfaction and maintain overall health.

### References:

- Abusham, J. (2018). Do something that scares you each day: The role of self-efficacy in preparing school leaders. *Educational Leadership and Administration: Teaching and Program Development*, 29(1), 1-12.
- Griep, Y., Hanson, L. M., Vantilborgh, T., Janssens, L., Jones, S. K., & Hyde, M. (2017). Can volunteering in later life reduce the risk of dementia? A 5-year longitudinal study among volunteering and non-volunteering retired seniors. *PLoS ONE*, 12(3), 1-14. doi:10.1371/journal.pone.0173885
- Krawulski, E., de Oliveira Cruz, K., Fraga Medina, P., Boehs, M., & de Toledo, S. (2017). Voluntary teaching in retirement: A transition between work and non-work. *Psicologia: Teoria e Prática*, 19(1), 67-78. doi:10.15348/1980-6906/Psicologia.v19n1p67-78

If you missed the original summer session and would like to see the slides, visit <https://paulkfoxusc.files.wordpress.com/2018/07/pmea-retirement-101-slides-071718.pdf>.

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### **Book-of-the-month** – *Adventures in Retirement*

Always with an eye out for fresh, new books on retirement transitioning, problem solving, and mastery, I "bumped into" Lawrence G. Doyle's self-published *Adventures in Retirement - A Hilarious Journey into the Unknown World of Excess Time, Limited Responsibilities, and an Uncertain Future*, a hysterically funny journal you will have difficulty putting down (and you may be compelled to read portions of it out-loud to your spouse!). The review on Google books invites you to "join the author on his year-long quest to uncover all that retirement has to offer." Along the way, you'll discover a masterful story-teller who sees things from a unique (if not eccentric) perspective:



- The scary side of fishing;
- Why it's wrong when board games become blood sports;
- The unexpected connection between cooking classes and true romance;
- How the author's cat convinced him to take up yoga (and why that was a terrible idea);
- The thrill of jumping out of an airplane without risking your life;
- Golfing for the ball challenged;
- The eternal appeal of Elly May Clampett;
- How to do nothing and feel good about it.

One of my favorites, his "travel log" chapter, offers twisting tales for his readers to justify his "top ten tips" based on 30 years of experience in exploration:

1. Avoid strange bathrooms.
2. Wherever you go, pack Cipro.
3. If you feel bird sh\*t on the back of your neck, RUN!
4. Make friends with the locals.
5. Remember to pack the things you'd never think to pack.
6. Adapt to the local customs.
7. Seek out the rare and unbelievable.
8. Hedge your bets; visit every church you can.
9. Never camp.
10. Keep traveling.



**Happy trails, retirees.** Enjoy your freedom! Please stay connected and send me your own "adventures in retirement!" Updates, stories, and "action photos" are welcomed! Also, don't forget to "re-up" your PMEA retired membership... now due! PKF

