

Planning to Retire?



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Plan to Join SLOCREA: SLO County Retired Employees' Association!

CHECK OUT OUR WEBSITE at www.slocrea.org. We have links to many organizations important to Seniors, people thinking about retiring, or people needing info for aging relatives. Please let us know of any other links you'd like to see on our website.

Also on our website we have a brochure containing a new member application. We are an all-volunteer organization for everyone who receives a pension from SLO County Pension Trust. Everyone. Including DROPPERS!

You can send us an email via our website at slocrea@slocrea.org or via regular email at slocrea@slocrea.org. We'd love to hear from you!

This month's shout out goes to all county employees at our Office of Emergency Services. They help agencies and all of us be prepared for emergencies such as natural disasters (earthquakes, floods, etc.), pandemics, as well as other emergencies.

April is also the Month of the Young Child, so let's also honor all who work for the benefit of families and young children: Behavioral Health Counselors, Child Welfare Services, Child Support Services, etc.

In this column we have discussed several elements of a solid foundation for a successful retirement: financial security, physical health, nutritional health. Another important element mentioned is engagement, or staying involved in one's community. For well-being, people need to stay connected with other people. And there are many ways to do that.

Many people wonder around retirement time: "What am I going to do, now that I'm all grown up?" Hopefully you will still be sufficiently physically vigorous to do just about anything. ["The world is your oyster."] Perhaps a part-time job or a very small business (if that's what you want). Perhaps providing care for your grandchildren, camping, traveling, visiting with friends, enjoying your home and the beautiful scenery here, and getting more involved in the community, including SLOCREA. You get to choose.

It may help you transition from work to retirement to have an idea, even a definite plan, of what you want to do in retirement. Nevertheless, I encourage you to keep an open mind about it. For example, I had some plans and ideas, some of which came to fruition and some of which I decided against.

Because I was open to new adventures, I have had several

opportunities land in my lap and I'm mighty glad I was open to them. One of these I didn't even know was a possibility until there it was. Another I had heard of but dismissed at first. Each of these has played a huge role in my happiness as a retiree.

Perhaps the most important element in retirement is strengthening friendships and making new friends ~ friends of all ages. I have witnessed what happens when all one has are friends of the same generation and they all start to decline physically &/or mentally around the same time and then pass away. It's sad enough when people in our circle pass away; you don't want to experience the kind of loneliness that comes with losing all your friends that way.

My parents modeled having friends of all ages and my mom especially achieved that by being very much involved with a group of people which included teenagers up to nonagenarians. She attributed her longevity to being in that group and living in a house with stairs.

And of course, there's SLOCREA, which invites retirees of all ages to join. Our members are ages 55 (or thereabouts) and up.

Pre-pandemic, SLOCREA provided opportunities to socialize over a meal, plus informative programs. Now we Zoom. We did have a social Zoom for one meeting and may have more. Mostly our Zoom meetings have been focused on presenting information. Whereas we look forward to returning to in-person gatherings, we will wait until that is deemed safe for us.

Now a brief perspective about COVID19: Some people diagnosed with COVID19 had thrown caution to the wind; others had followed all of the rules and precautions to the letter. We hope all of them recover well. Some activities are more challenging or have to be put on hold during a pandemic. After my 1st vaccine dose I saw the glimmering light at the end of the tunnel start to get bigger and brighter, and that continued through the 2nd dose to reaching full immunization 2 weeks later. A significant amount of anxiety lifted and I started to feel a new sense of confidence. Nevertheless, I have not yet changed my pandemic behavior: I still mask, distance, and avoid crowds. I'm hoping that in the next few months we will be able to once again engage in certain of the activities we've had to stop because of the pandemic. In the meantime, I prefer to focus on all the activities we have continued to be able to do &/or to begin to do - things like biking, hiking, kayaking, swimming solo or with friends.

Next General SLOCREA Meeting:
May 10, 2021 @ 1:30 via Zoom, Carl Nelson on Pension Trust.

Next SLOCREA Board Meeting:
05/10/2021 immediately following the above meeting.

Monday July 12, 2021: SLO Villages will discuss their services (probably via Zoom, @ 1:30 PM).

Stay safe, stay well!

~~The opinions expressed in this article are solely those of this author and are subject to change without notice.~~