

Planning to Retire?



**Miki
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SLOCREA
President**

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! Yes, if you are in DROP, you are qualified to join SLOCREA! Divorced and widowed spouses are also qualified to join.

Our July shout out goes to our Public Health Department for vaccinating so many of us so effectively and to our County Public Libraries for their Grab and Go service during pandemic restrictions. Our County Libraries are re-opening Tuesday June 22, 2021!

I'm also giving a special shout out to Erin Stich, SLOCEA President, for her superb article in the June Blade. If you missed it, I recommend you go back and read it and take it to heart.

Happy Independence Day!

This year we have much to celebrate as we re-open from pandemic restrictions. We are better able to celebrate holidays, family and personal milestones, and many other occasions, including memorial services.

Last year my husband and I were able to celebrate our birthdays and anniversary, as usual, by dining out, with proper precautions. What was missing was inclusion of friends or family in my milestone birthday celebration, or any other celebration. In fact, we agreed beforehand that if we felt the restaurant did not meet our

comfort level for safety, we would simply apologize to them, leave, and implement Plan B. Fortunately we did not need to do that and we're very glad we had ventured out.

Ironically, this year our celebrations will be much the same. The difference is that this year I have traveled in June to visit my daughter, plus other family members and friends (having completely missed our usual visits in 2020) for a visit before my birthday. We have enjoyed several small birthday celebrations with various friends and family members.

The other major celebration in my life is the return to dragon boating. Dragon boating had to cease in March 2020 because we could not maintain physical distance in the boat and still have enough people to power it. In April 2021 we were able to resume dragon boating with restrictions: we could have no more than 10 paddlers (in a boat built for 20) and we had to wear masks at all times while on the dock or in the boat. In early June we were able to lift the 10 paddler limit. And now, as of Mid-June, those of us who are vaccinated no longer have to wear masks! We are elated!

Retirees and others who live alone were highly prone to feeling socially isolated during pandemic restrictions. It was a poignant reminder of how important it is to maintain good social connections throughout our lives. Good social connections enhance our physical and mental health and our sense of well-being.

Phone calls and Zoom have helped tremendously, but in-person is really best.

SLOCREA is now planning to return to in-person lunch meetings in October. Ashleigh Szkubiel, HR Employee Benefits Coordinator, will be our speaker.

SLOCREA GENERAL ZOOM MEETING:

Date: Monday July 12, 2021

ZOOM @ 1:30 PM PDT

Speaker: Kerry Sheets of SLO Village

Board Meeting: Immediately Following

You can email us via our website: www.slocea.org, or via regular email: slocrea@slocrea.org. We'd love to hear from you!

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