



SEPTEMBER

Board Newsletter

Volume 2

From the President - September is here, but for us in the Central Valley of California, we're still experiencing over 100 degree days. Personally, for me, I'm ready for fall leaves, much cooler weather and thinking about the holidays. (Yeah, I'm one of those!) I hope this newsletter finds each of you doing well. Eddie and I just returned from a few days on the Central Coast. We were delighted to see a large pod of humpback whales not too far off the pier.

Our Editor of The BEAM, Kathy Ramos, is busy collecting articles for the Fall issue. If you are still working on an article, please let her know to expect one from you and the date she should receive it.

A second reminder – NAREOP's President Elect and Guidelines Committee Chairman, Rebecca Crabtree, is also collecting information on any changes you would recommend to the NAREOP Guidelines and NAREOP Procedures Manual. The proposed changes to the Guidelines will be presented to our members with the ballot in January; however, we want to have this document available online when the Fall issue of The BEAM is posted or mailed.

Please remember to announce at your local and state affiliate meetings that our postage costs are increasing. To avoid a fee in the future in order to receive this publication via the US postal service, we are still encouraging all of our members to access the issues by going to the NAREOP website.

In closing I'd like to share part of an article published in our California AEOP Fall newsletter, entitled "10 Ways to Bring That Stress Level Down" – while the article focused on those still actively working, I believe that the main points apply to us retirees as well:

1. Get a head start – leave earlier than normal so you aren't so rushed.
2. Bring snacks – going for more than a few hours without a snack can cause your blood sugar levels to drop and you'll end up exacerbating stress.
3. Give yourself some credit – many of us don't take the time to praise ourselves for doing things well.
4. Schedule 10 minutes of "worry time" – use this time to really quietly identify what is causing your stress, why it worries you and what you can do to help.
5. Manage your email.
6. Stretch – lift your legs up and stretching them for about 30 seconds. Another useful exercise is to put one arm behind your neck and stretch it by holding on to the elbow with the opposite arm. Switch side and repeat.
7. Have a perspective reminder – keep something close by – a starry night, a photo of the ocean or those loving grandchildren – to help remind you of what's truly important.
8. Plan ahead – write down a "to-do" list, or a "don't forget" list.
9. Socialize with friends.
10. Remind yourself why.

*HAPPY
BIRTHDAY!
September*

2 – Jenny Jackson

4 – Becky Shipley Orr

October

14 – Ellen Gamel

31 – Judy Schulman



From the President – continued

And, while you're "planning ahead", don't forget to mark your calendar for the 2016 NAEOP Annual Conference – July 13-16, 2016, at the St. Louis Union Station Hotel.

Reservations can now be made using the following link:

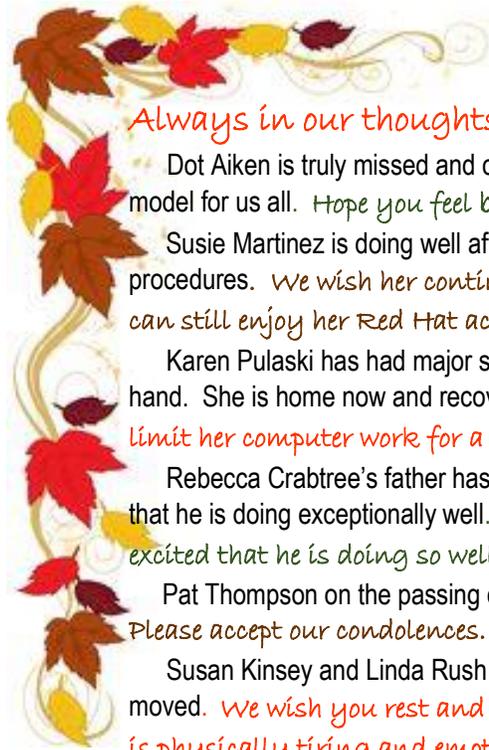
http://doubletree.hilton.com/en/dt/groups/personalized/S/STLUSDT-NAE20160710/index.jhtml?WT.mc_id=POG

Room rate is \$149. More information about the conference will be coming soon.

I hope September is good to you and you are enjoying every day of your retirement. My joy week before last was volunteering at one of my grandson's middle school for the Book Fair. I so enjoyed seeing the kids, and of course, the smiling face of my grandson each day.

Hugs and smiles to each of you!

Becky



Always in our thoughts –

Dot Aiken is truly missed and continues to be a role model for us all. *Hope you feel better soon!*

Susie Martinez is doing well after recent health procedures. *We wish her continued healing so she can still enjoy her Red Hat activities.*

Karen Pulaski has had major surgery on her right hand. She is home now and recovering. *This will limit her computer work for a little while.*

Rebecca Crabtree's father has been ill. She reports that he is doing exceptionally well. *Rebecca is very excited that he is doing so well!*

Pat Thompson on the passing of her nephew's wife. *Please accept our condolences.*

Susan Kinsey and Linda Rush who have recently moved. *We wish you rest and relaxation - moving is physically tiring and emotionally stressful.*

SENIOR HEALTH

It's never too late to go healthy. Anybody, young or old, can successfully redesign the way they live to be healthier. While we don't have a say in our own genetic makeup, greater than 50 percent of our mental and physical health status is related to lifestyle. You can even start small: ride public transportation, reconnect with a long-lost friend, join a ballroom dance class, or follow guidelines on how to safely move around the community. The point is, try something new and be willing to learn.

Take control of your health. Appreciate the relationship between what you do, how you feel, and their impact on your well-being. Our research suggests that social and productive activities are as important as physical ones for staying healthy. As we age, even deceptively simple or downright mundane pursuits like reading the newspaper, cooking a potluck dish, walking the dog, or going to church have a powerful influence on our physical and mental health.

Know thyself. The guiding principle of Socrates rings just as true today as it did in ancient Athens. Lifestyle changes are most sustainable when they fit into the fabric of your everyday life -- your interests, schedule, and self-concept. Identify supports on your journey that are strong enough to counterbalance the obstacles you face. Set goals that are challenging but still realistic enough to be achieved.

Anticipate how chronic conditions may affect your plan. Over 70 percent of seniors age 65 and older have a chronic condition, such as hypertension, heart disease, diabetes, arthritis, COPD, or cataracts. Don't let these impede your progress. Before a big game, elite athletes visualize their performance in their minds' eye. So too should you be prepared for the potential ways you might have to adapt or improvise. And, of course, consult your physician in advance about any new activities.

Living longer can also mean living better. Our research demonstrates that maintaining a mix of productive, social, physical, and spiritual activities as you age can lead to increased vitality, social function, mental health, and life satisfaction, along with decreased symptoms of depression and self-reported bodily pain. Even better, activity-centric lifestyle interventions to ward off illness and disability may also be more cost-effective and have fewer negative side effects than prescription drugs.