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REPORT FROM THE CO-CHAIRS

"We may be small but we are mighty" could serve as a slogan for our newly formed Section of Psychologists and Retirement. During our first year, our numbers did increase, and we are hoping that as we become better known within CPA, others will join our ranks.

Our members have participated in reviews of several CPA Fact Sheets. We have an active member e-mail distribution list on which we share articles about issues concerning retirement and healthy aging. We are always happy to have input, and if you have anything to contribute, including comments, please pass them along. We are trying to develop a dynamic virtual discussion group for our members. Since so few are able to attend the CPA Convention, we are hoping that the discussion group will offer members an chance for connection and dialogue throughout the year.

We had another good session at the 2015 CPA Convention in Ottawa, so for those of you who are able to attend, please reserve Friday afternoon, June 5 from 2- 6pm for Section activities. Thanks to our convention organizer, John Conway, who lined up *Keynote* speaker, Nawaf Madi, Manager for Rehabilitation and Mental Health at the Canadian Institute for Health Information, who spoke on "Addressing the Mental Health Needs of Canadian Seniors". We also had a very interesting *Invited Round Table Conversation Session* on "Teaching after Retirement", co-sponsored with the Section on Teaching of Psychology. Nick Skinner and Joseph Snyder facilitated that session. And we combined our Section Business meeting and reception so that there was more opportunity to discuss ideas and plans for the coming year. We are still on the hunt for a Secretary/Treasurer. Please think about offering your time.

Many thanks to Abe Ross, our volunteer Newsletter editor, for producing another newsletter for us! We really appreciate this vehicle for communication! Abe is always looking for material for the

newsletter, so if you have contributions, please contact him. <Abeross@live.com

Youth never sees its shadow till the sun's about to set: and then you wonder where the person went who you were speaking to in all your thoughts for all those years.

Marianne Wiggins - Evidence of Things Unseen.

WHAT SHOULD WE BE DOING?

SPAR Mission Statement

The Section of Psychologists and Retirement will provide a forum for psychologists who are currently retired from their professional employment in the field of psychology and/ or those who are interested in the area of retirement as a life stage, to discuss the impact of retirement on post-work quality of life and the opportunities it affords those who are open to change. Towards that end, the Section will:

1. Provide a social support network for retired psychologists within CPA
2. Provide information to members about planning for retirement, and what one needs to know to prepare for the next stage of life
3. Determine ways to maintain connections to the discipline of psychology while not actively practicing in it
4. Research the literature and possibly publish articles in the area of seniors and retirement
5. Explore issues impacting seniors, such as downsizing, living arrangements, health and caregiver issues, use of leisure time
6. Discuss the value of, and ways to become involved in, volunteerism in the community

7. Represent the interests of the Section within CPA through initiating such activities as position papers, guidelines, policy statements, and special meetings
8. Organize sessions at the CPA Convention that are of interest to members

What helps with aging is serious cognition - thinking and understanding. You have to truly grasp that everybody ages. Everybody dies. There is no turning back the clock. So the question in life becomes: What are you going to do while you're here?
Goldie Hawn

Psychologists and Retirement is an unusual section of CPA. Unlike most other sections, we are not defined by a common research interest. The eight objectives of our mission statement present a wide array of opportunities for both newsletter and convention activities. At our first section session, at last year's convention, several participants spoke about how they went about preparing (or not) for retirement. The first newsletter featured a few of the talks at the session as well as an op-ed paper by one of our members. At the recent convention the topic was teaching after retirement.

Our section is growing; people are joining for many reasons. To guide the direction of future newsletters and convention activities your feedback to the following questions would be helpful.

- Why did you join the section?
- What would you like to get from your membership in the section?
- What topics would you like to see in the newsletter and at the convention?
- Would you like to submit an article? As long as a topic fits somewhere within our mission statement it is appropriate. Since we do not print the newsletter, there is no restriction on length, it may be short or it may be long.
- Do you have suggestions for convention session topics? Should we have more roundtable discussions, longer social hours?
- Would you like to know if there are other section members in your community with whom you could chat/meet/commiserate?
- Do you have other questions or suggestions that might be useful to meaningful development of our section?

Please email me your responses to any or all of these questions and/or any other directions in which you think we should be heading.
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**DRAFT MINUTES OF THE 2015 SECTION ANNUAL MEETING
CANADIAN PSYCHOLOGICAL ASSOCIATION
SECTION OF PSYCHOLOGISTS AND RETIREMENT
June 5, 2015
Ottawa, Ontario**

The meeting was called to order by the Co-Chair, Sandra Pyke at 1:35pm. There were 13 people present.

1. Approval of the agenda.

Joseph Snyder moved approval of the agenda, seconded by Juanita Mureika.
Motion carried

2. Minutes of the SAM 2014 which was held in Vancouver

John Tivendell moved that the minutes be approved, seconded by Juanita Mureika.
Motion carried.

3. Report of the Co-Chairs

- The 2015 Annual Section Report was submitted to CPA, as requested, and appears in the CPA Annual Report.
- 12 articles have been circulated to the membership during the year using the membership listserv on a variety of topics related to positive aging/retirement. Several generated discussion among the members.
- The Section participated in reviewing 4 Fact Sheets for CPA: bullying, learning disabilities, cancer and substance abuse.
- The Section also responded to a request for feedback on the revised Code of Ethics.

Approval of the Report was moved by Joseph Snyder, seconded by John Conway. Motion carried.

4. Greetings from the Board

Dawn Hanson attended the meeting as both a member of the Section and a member of the Board. She made special mention of the CPA Psychology Graduate Survey which is on-line

and encouraged members to complete the form. Additionally, she noted there will be 7 vacant Board positions next year, and encouraged SPAR members to consider filling a position. She noted, too, that CPA now must adhere to anti-spam legislation on listserves, and it is important for the SPAR Section to ask permission directly of members before sending information to them. Similarly, it is advisable to ask permission to make the membership distribution list public. This can be done at renewal time for all members for 2015-2016, and also following this meeting for those current members.

5. Appointment/election of officers

The Chair issued a call for volunteers for the listed offices.

Juanita Mureika will continue as Chair, Sandra Pyke will move to Past Chair, Joseph Snyder will become Chair-Elect. Juanita Mureika will also serve as Secretary-Treasurer, since no volunteers were forthcoming for this position.

Abe Ross has agreed to continue in the role of Newsletter Editor,

John Conway agreed to handle the program chair functions for the 2016 CPA Convention in Victoria.

George Hurley agreed to serve as a Member at Large.

6. Report on Section Chairs' Meeting

Sandra and Juanita both attended the Section Chairs' Meeting on Wednesday afternoon. Issues raised included concerns with the ScotiaBank accounts which all Sections now hold in conjunction with CPA. The satisfaction with this system was mixed, but CPA feels it is most efficient for them. As well, Sections will be expected to hold no more than \$5000 balance in their accounts after December 31, 2017 to comply with the new CRA regulations for non-profit organizations. This is not a problem for SPAR. The report of the task force on Sections was shared, and addressed by Wolfgang Linden who had authored the report. Overall, the 34 Sections appeared to be satisfied with CPA management. The one Special Interest Group was dissolved. Sections were urged to find their common grounds for purposes of co-sponsoring events or sessions at the Convention. There was some discussion concerning raising the administrative fees for Sections to \$2.00 for full members and \$1.00 for students.

7. Financial Report

Juanita reported that the Section now has a balance of \$246.50 in its account. The only expenses incurred have been catering at the Conventions. CPA administers memberships, and currently deducts \$1.50/full member and \$0.75/student members. ScotiaBank deducts \$2.50/month in community fund service fees.

8. Newsletter Editor's Report

Abe Ross was not at the meeting, however he reported to Sandra prior to the meeting that he expected to have another issue of the newsletter out very soon. He also encouraged members to submit articles and issues of interest to the group so that the newsletter truly reflects the interests of the Section members.

9. Report on the Program

John Conway spoke briefly on the program which included a presentation by Dr. Newaf Madi entitled "Addressing the Mental Health Needs of Canadian Seniors" and Conversation Session on "Teaching After Retirement" co-hosted with the Section on the Teaching of Psychology. It was suggested that inviting students to comment on retirement might be an interesting option for next year's program in Victoria.

10. Report on Membership

Sandra Pyke reported that there are 43 members and 2 affiliate members of the Section. We have no Student affiliates. It was noted that some Sections offer free membership to Students, and it might be to our advantage to look at this option to build our membership.

11. Planning for 2015/16 – Paper on fees

Sandra Pyke introduced her summary of CPA's fee schedule, which she had developed in response to the possibility of enhancing benefits to retired members. On review, it appeared that accommodations were already in place for retirees, so no action will be taken on this item at this time.

12. Adjournment

Moved by Joe Snyder that the meeting be adjourned at 2:25pm. Motion carried.

PAST PERFECT

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I used to believe that most older professionals had an inner curmudgeon, one that was just waiting to spring into life upon retirement. Of course, if that were true, it might not be particularly nice for the rest of our world. Still, this thought eased some of the pain brought to me by encounters with my own inner curmudgeon, the one who can no longer be persuaded to smile tranquilly, for instance, in the face of modern liberties taken with that strong old trunk of our English Language, the language that once seemed so useful to academics and professionals.

Members of the third generation after mine seem to be particularly cruel to those distinctions and shades of meaning that once so nicely served clear communication and clear thinking. Worse, it is beginning to sound to me like those in that third generation are infecting the language of the generation above them, and even the generation immediately following my own. Suddenly it seems to me that every server, every salesperson, every recipient of any information that I have been requested to provide, automatically replies "Perfect!" (Border guards always excepted.)

Excuse me? Nothing in this world is perfect. It is ridiculous, for instance, to respond that the beverage I have just selected is "perfect." One might even say that my server's response is "perfectly" ridiculous. But that would almost be perfectly ridiculous of me. Because, I repeat, even ridiculousness is never perfect.

In this same vein, if the world really were perfect, then no one would ever treat the plural word "data" as singular. But today everyone seems to speak of data as if they meant a single set of data. "The data is clear," they say. But hold on; nothing is clear anymore. And the data are no exception. Let me be perfectly clear: The Data Are Not Clear. Nor, even, is any single datum. Do you understand? (You do? ...Perfect!)

Sometimes I also prefer to imagine that most retirees have an inner, avuncular, peace-dispenser, one who reminds us gently that no theories about ourselves, or about others, about planet earth or the universe, are ever likely to be perfected. And thus the wisdom of those who can and do calmly say: "Who am I to judge?" is as useful a wisdom for retirees as we might wish it were for those others whose judgments (or apparent lack thereof) affect us. Still, the apparently shortsighted, self-centred and ungenerous behaviours of so many governments, corporations, institutions, and individuals seem to call for someone (and who better than a retiree?) to speak out as a forthright judge of such behaviours. Perhaps none of us really has the right to judge, yet it

does seem that most retirees have the responsibility to judge. (And even to act.) Such are the contradictions of a past-perfect, language-based, life.

So yes, who are we to judge? It is perfectly obvious that our understanding is not perfect. It is enough, however, that we are experienced retirees, entitled to contradict ourselves. To me, today, that seems, well, . . . perfect.

You don't stop laughing when you grow old, you grow old when you stop laughing.

— George Bernard Shaw

CURAC: A NATIONAL ORGANIZATION OF ACADEMIC RETIREES

The concept of a national retirees association for academics first surfaced in 1994 at a meeting of the "Learneds" at the University of Calgary. Psychology was not one of the disciplines represented at the Learneds . Its size alone forced The Canadian Psychological Association (CPA) to meet separately from the collectivity of other disciplines as well as its preference for meeting at hotels rather than on university campuses. Known as CAERA (Canadian Association of Emeriti and Retired Academics), this fledgling organization was relatively inactive for a number of years – more virtual than real. Then in May of 2002, a conference was held at the University of Toronto attended by 85 people from 20 different university retiree groups. A key presentation, chaired by Professor Peter Russell, was a panel discussion exploring the need for a national retirement organization. A Steering Committee was established and in May 2003, the founding meeting of CURAC (College and University Retiree Associations of Canada) was held at the Annual General Meeting in Halifax.

CURAC is a non-profit federation of thirty-nine retiree organizations at post-secondary institutions across the country. Considerable diversity is evident among the member associations. To illustrate, the largest member is the McMaster University Retiree Association with about 2203 constituents and the smallest, with 27, is St. Mary's University Retiree Association. Members also vary in terms of their composition. Some groups consist of retired faculty and librarians (University of British Columbia) while others include any and all retired employees (University of Manitoba). Members pay

an annual fee with a sliding scale based on the number of individual members in their organization. The primary goals of CURAC are to coordinate activities that promote communication among member organizations, to share information, to provide mutual assistance, and to speak publicly on issues of common concern to its more than fifteen thousand members across Canada.

Governance of the organization is handled by a 12 person Board of Directors most of whom chair committees (e.g., Archives, Awards, Benefits, Conference, Health Care Policy, etc.) and/or have other assignments (e.g., editing the Newsletter and Bulletin, Secretary, Treasurer, Webmaster). Beyond the confines of the Board several other individuals chair other important committees (e.g., Communications, Pension, Professional Support). The Board holds two face-to-face meetings bracketing the conference and about six teleconferences annually.

The premiere event of the year is a three day conference which includes the annual general meeting. This year's venue in Kingston, was hosted by the Retirees' Association of Queen's, May 20-22. The theme for this 13th conference was "Looking Ahead." The speaker for the opening session was Dr. Chris Simpson, President of the Canadian Medical Association who addressed issues related to health care for seniors. Also on the program was the eminent Dr. John Smol, world-renowned Canada Research Chair on Climate Change.

The organization publishes three issues of a newsletter annually which is distributed to the 39 members who in turn send it out to their constituents. Topics for the Bulletin which is published more episodically, include a report of the pension committee; in defense of medicare; highlights from the CAUT Almanac; CHT reform. The Association has established links with a number of external agencies including Academics Without Borders, CARP, CAUT, Economical Select, etc. Special perks are made available to member organizations through these linkages. The most recent of these partnerships is with Collette Vacations and provides reduced fees on tours for member associations. Currently under consideration is a potential connection with First Health Care.

The Association actively lobbies on behalf of seniors in Canada. Our most recent intervention is a health care paper entitled, Population Aging: Long term National Strategies a Must for Seniors. This paper raised concerns about the long-term funding formula for health care, the lack of a

national strategy for seniors, the shortage of good quality, publicly-supported and affordable home care and the need for financial and other supports for caregivers. We have been participating in a dialogue with the Honorable Rona Ambrose, Minister of Health, on these issues.

For further information about CURAC, please consult the website- <http://www.curac.ca>

I grow old ... I grow old ...

I shall wear the bottoms of my trousers rolled.

— T.S. Eliot, *The Love Song of J. Alfred Prufrock and Other Poems*

Section Executive

Past Chair – Sandra Pyke

Chair – Juanita Mureika

Chair-elect – Joseph Snyder

Newsletter Editor – Abe Ross

Secretary-Treasurer – Juanita Mureika

Convention/Review Coordinator – John Conway

Members at Large – George Hurley

- Diane Humphrey