

Section of Psychologists and Retirement

Section Annual Meeting (Virtual)

June 23, 2022

Attendees: Juanita Mureika & Dawn Hanson (Co-Chairpersons), Jean Haley, Elaine Clark, Noreen Stuckless, Marnin Heisel, Lana Stermac, Anne Mellers, Dan Perlman

Regrets: Annabel Cohen

Summary:

- Introductions and a review of last year's SAM minutes were followed by a review of membership numbers, a financial report, and a call for nominations to the executive. Membership numbers remain constant (~75), and the financial balance for the Section (\$2029.77) will enable us to renew our subscription to Zoom for our regular monthly meetings. No nominations were received for the Executive positions, and Juanita and Dawn agreed to continue in their current roles.
- A review of last year's Section activities pointed out that we have achieved quite a few of our objectives:
 - Monthly meetings were held, and it was agreed that they have not only been productive, but a nice way to connect with other members.
 - Our survey of provincial registrars regarding the inconsistencies we had found in retention and storage of client files was completed. The final information was submitted to the provincial registrars, as well as the CPA Executive and the Professional Affairs Committee. In the best interests of the clients and psychologists, SPAR requested that: 1) uniform guidelines across provinces be established; 2) that a central, perhaps virtual, repository for client files be developed; and 3) that CPA Board and Professional Affairs Committee advocate with Provincial Regulators for same. We are awaiting feedback from these groups, and at this point, SPAR can do no more as a Section, however we will continue to follow-up on this project in hopes of seeing it to some conclusion.

- SPAR provided reviews for 4 CPA Factsheets, as requested. Kudos were given to Jean Haley, who contributed considerably to these reviews.
- Most recently, SPAR collaborated with the Section of Adult Development and Aging on a joint symposium on retirement issues for the CPA Convention. The in-person symposium was well attended (given the time and day of the week on which it occurred) and was attended virtually by a number of Section members, as well. It was agreed in a SPAR post-convention debriefing that the symposium was a very worthwhile session, but time constraints (55 minutes for 4 presenters) didn't allow any time for discussion. SPAR will provide the CPA Convention committee with this feedback. Written appreciation was emailed by SPAR to all presenters. As well, a shared honorarium was given by both Sections to each speaker. Each speaker has agreed to share an abstract of their talk to be shared with all SPAR members.

Next Steps:

- There was a discussion of retirement options that various members are pursuing. "Phasing out" of the work force, either individually or as planned by the employer were two models discussed. Each seems to offer opportunities for gradual transitioning from full time employment to full time retirement. More research on retirement plans and styles might be interesting to pursue.
- The question of "what to do with your professional books when you downsize or retire?" was raised. A discussion of various options ensued, including cataloguing or listing books to share with colleagues, developing a virtual library of old books through SPAR, or other possibilities. It was agreed that many old books are irreplaceable and valuable and should not be thrown out.
- It was noted that at each monthly SPAR meeting, the topic arose of books members were currently reading. The possibility of a SPAR book club was entertained. This month's suggestions were: "The Inner Work of Age-Shifting from Role to Soul", by Connie Zweig, Ph.D. and "The Song of Our Scars", by Haider Warraich.

- A member survey was suggested to learn more about SPAR members' areas of interest or specialization in the field of psychology and to explore what members are doing now.
- A recruitment drive for new members was suggested by attempting to contact former CPA members, possibly through CPA, and by advertising our Section activities to other current members of CPA Sections.
- SPAR will continue to explore ideas for a Factsheet on Retirement. We will need to determine who the audience would be and from there, what information will be included.
- The possibility of proposing another joint symposium with another Section for the next CPA Convention to be held in Toronto will be explored.
- SPAR will continue to meet monthly on Zoom. Approval of this Section expenditure was approved again.

Thanks to all who have contributed to this and other meetings throughout the year. It has been a pleasure getting to know you all!

Best wishes,

Juanita and Dawn