

# RECOM

Retired Employees City of Mesa

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RECOMAZ.org



RECOM Executive Board

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## Message From the Board

Is it just me, or does it seem that most non-retired people are always in a huge hurry? Just the other day I called a “still employed” friend to see if we could meet for a casual lunch. Her response was, “Sorry, but my lunch hour is really booked. Gonna hop in the car, run down to Burger King, grab a bite to eat, then race down to the school to pick up my daughter. See ya later, gotta fly”!

Hop, run, grab, race, fly. Yikes! I'm pooped just saying those words, and as a retiree, they sure aren't part of my vernacular. Of course, it wasn't always so. Like most of us I had to transition into retirement mode. It took a few months to realize that I no longer had to generate that lengthy Saturday to-do list, and by-god finish it before I could relax.

A few months ago I phoned a friend who had recently retired. He was telling me about his plans for the rest of the day which included a trip to the pharmacy, a visit to the hardware store, and finally an oil change. I said to him that was a weeks worth of things to do, not for an afternoon. He has since learned to slow down and diminish his daily aspirations.

Someone recently asked me what was the most significant change in my life since I retired. Without hesitation I said, “Not looking forward to the weekends”. Remember when our entire existence revolved around planning for the weekend?

Now, I hate weekends. Yes, Saturday and Sunday when all those working stiffs clog the roads and fill the check-out lines as they scurry around in an endless pursuit of “getting things done”.

Now, Monday has become my favorite day. If I have errands to run, there's no one in my way. I can actually mosey down the aisles of Home Depot, taking my time and not have to dodge fork lifts and frazzled do-it-yourselfers in a no holds barred race to the checkout line.

Retirement is a time to put time into perspective. A recent visit to Kartchner Caverns State Park helped me to do this. If you haven't been there I highly recommend it. Most of you know the story of the two spelunkers who discovered this marvelous place quite by accident two decades ago.



**Spelunkers:  
Randy Tufts  
Gary Tenen**

They kept it a secret, lest it be “rediscovered” by the hoi polloi and destroyed via vandalism and theft. Eventually, it was purchased by the state and designated as a state park. During the tour, the tour guide pointed to a “column” that had broken free.

By way of brief explanation, a “column” is created when a stalactite (growing downward from the roof of the cave), is conjoined with a stalagmite (growing upward from the floor).



**Kubla  
Khan  
Column**  
  
**Kartchner  
Caverns**

Scientific testing of the column revealed that it was in the neighborhood of 28,000 years old! Yes, that is not a misprint – twenty eight with three zeros. And you thought you were old when you turned 65. So it took 280 centuries for the drip-by-drop process to complete.

Our guide later pointed to a “soda straw”, a type of formation that is formed when water carrying dissolved minerals travels down the hollow tube and evaporates. A minute amount of mineral is deposited at the end of the straw. Now get this – the soda straw grows at an average rate of one tenth of an inch in one hundred years! This particular straw was nearly three feet long. Now I'm severely arithmetically challenged, but I figured that the age of this straw to be around 3,000 years.



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So next time you find yourself in a hurry to get something done or to get somewhere, think of the timeless patience of the **soda straw** and SLOW DOWN.

### **SPEAKER**

Most of us want to be part of a group, but sometimes there's just too much of a good thing!



Our April speaker, Dan Taylor of East Valley Senior Services, brought this point home at our meeting.

Today there are 38 million people age “50 plus”. Next year there will be 40 million and by 2030 there will be 72 million! And ladies, we will outnumber the gentlemen by 4 to 1. Well, now that we’re cheered up, what’s the point of all these statistics?

The point is that either we or people we love will need something interesting and worthwhile to do or need help with daily living as we push way past fifty. And Dan’s organization has been providing those activities and that help for 30 years and will be doing so in the future.



East Valley Senior Services has been talking to the “fifty plus” crowd (that’s us!) to see what they are enjoying now and what they are looking for in the future.

Here, in order of least to most importance, are the ten things most frequently mentioned, although I figure number 10 and number 1 pretty much go hand in hand, and a couple of the others probably are closely related too.

10. Provide activities—like bus excursions, theater outings, ballgames
9. Learn about community resources – including those for care givers
8. Provide casual meeting places like Cafes
7. Provide a gift shop – with low prices
6. Provide volunteer opportunities and activities
5. Promote health and provide exercise classes (No shuffleboard! Bring on the Stairmaster!)
4. Provide ways of meeting new people
3. Provide meals – attractively presented
2. Provide lifelong learning opportunities – especially related to technology, like computer programs, digital photography
1. Provide an opportunity for laughter and fun

## **The Basics:**

EVSS has three locations to try to meet all these interests: two in Mesa, one in Apache Junction. There are 30 full time and 60 part time staff members spread throughout the three locations that help you find community resources if you are a caregiver, or if you are in need of services yourself.

There are also 1,300 volunteers that do everything from administrative paperwork, to serving meals to the homebound to teaching classes from dancing to digital photography.

Membership in the EVSS is \$15.00 a year. It’s that low because their funding comes from state and federal governments, grants, donations, and the United Way, and meals served. So far, even during these hard times, EVSS hasn’t had to cut services

## **Services - Meals:**

One of the most important functions EVSS performs is to serve meals, some at the centers, some delivered to the homebound, and some sold to Discovery Point Assisted Living Community.

### **At the center**

Suppose you don’t want to be a member, and just want to come to lunch at one of the centers occasionally. No problem. Don’t have to be a member to come for lunch. And it’s **free if you are over sixty**, but you make a donation if you’re able. And the meals are not only nutritious, they taste good and are nicely presented.

### **While You Heal**

Or, say you just need meals a few days after the hospital until you can manage for yourself – call one of the centers. EVSS can provide meals for a short time without assessment by a social worker or a lot of paperwork.

### **Delivered at Home**

For the longer term, for those unable to come to the centers, depending on income, meals can be delivered for as little as \$2.50 - \$5.00 per meal. (17,600 last year!)

What's more, the staff and volunteers who bring the meals are trained to notice if things aren't going well for the person receiving the meals. If they see a problem developing, they can contact other service providers – before the problem becomes a crisis. A great service if you need it – or a great way to volunteer.

### Other Services

- Classes
- Exercise rooms
- Social gatherings (dances, cards etc)
- Tax Preparation
- Day trips
- Peer Counseling
- Support Groups
- Presentations on health, financial/ legal topics, etc.
- And More

### Keeping Connected

One of the best ways to use resources (read money and space) is to coordinate with other services rather than duplicate them. To that end:

EVSS provides space for New Frontiers to meet in its Centers (lots of classes),

Works with Vista Volunteers – kind of a domestic Peace Corps (Former city council member and vice mayor Claudia Walters is the coordinator.),

Works with Discovery Point – a senior living facility, provides their meals, to the mutual financial benefit of both,

Assistance for Independent living merged with EVSS in October, 2008.

### Contact Info:

Acknowledging the shift in mindset of the new retirees, EVSS will change its name to **East Valley Adult Resources on July 1, 2009.**

[www.evseniorservices.org](http://www.evseniorservices.org)

### Locations:

**Red Mountain Active Adult Center**  
**7550 E. Adobe St.**  
**Mesa, 480-218-2221**

**Mesa Active Adult Center**  
**247 N. Macdonald St.**  
**Mesa, 480-962-5612**

**Apache Active Adult Center**  
**1035 N. Idaho Rd.**  
**AJ, 480-474-5260**

### RECOM Elections

**Elections were held at the April meeting. The new Board for the year 2009/10 was elected by acclamation. New officers will take over in July.**

Kathy Barrett – President  
John Gendron – Vice-president  
Don Miller – Treasurer  
Lin Adams – Secretary  
Peggy Haney – Director – 2 year term  
Jo Ferguson – Director – 1 year term

### Reports

#### Treasurer:

Chuck Wennerlund presented his annual financial report. Due to the health of our bank account, the Board decided that no dues increase was needed for the coming fiscal year. Dues remain at \$10.00 per person per year. Thank you Chuck, for your years of numbers crunching for RECOM.

#### Deferred Compensation Committee:

When deferred comp accounts were transferred to Great West last year, not all beneficiary information transferred properly

Don Miller, RECOM's official representative to the Deferred Comp. Committee reminds all members who still have deferred comp funds with the City to check to see if they have **named a beneficiary on their account**. Or, if the beneficiary named is still the person you want to receive your money in case of your demise. Imagine how pleased your former wife will be to get the money! Oops, wanted your current wife to have it? Better check at: [www.mesadcp.com](http://www.mesadcp.com) When you get to the site, follow instructions given for entering or changing beneficiaries.

## Meetings:

Meetings are held in the Community Room of the fire station at 1<sup>st</sup> Street and Mesa Drive at 9:00AM on the third Wednesday of the month.

Family Practice physician Dr. Melody Rodarte, in private practice and associated with Banner Gateway Medical Center spoke at the May 20<sup>th</sup> meeting on how to keep your overall health in good order by watching blood pressure, cholesterol and other standard measures of health. There were many good questions from the members, more info in the next newsletter.

**Next Meeting: June 17<sup>th</sup>**

Speaker:

Robert Brinton,  
Mesa Visitors and Convention Bureau

Spring Training, The Cubs – and Mesa

