

# AFTER-WORDS

A NEWSLETTER FOR THE RETIREES OF THE  
FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

VOLUME XLI, ISSUE 3

WWW.DEANZA.EDU/FODARA

JANUARY 2020

## Mark Your Calendar: Spring Social



Thursday, April 23, 1:00-3:00 pm is the *tentative* date and time set for the annual Wine Tasting event; the winery location will be selected at the March Board meeting, and a reservation form with all the details will be included in the March issue of *After-Words*.

## Holiday Party Recap



It is always fun to see retirees at the end of the year and hear about their recent activities and travel adventures. Seeing so many familiar smiling faces and people giving hugs made the event even more special, and it was a pleasure to have Chancellor Judy Miner join us for the Holiday Luncheon. To add to the festivities, tables were adorned with a beautiful poinsettia as the centerpiece (see more photos on p. 10-11 and the FODARA website).

Sixty-five retirees attended the luncheon, and it was nice to meet and greet five new retirees. We enjoyed a meal of prime rib, baked salmon, or a vegetarian entree followed by a delicious dessert of chocolate cake with a raspberry filling. I doubt that anyone left feeling hungry after the meal. Patrick Gannon and his staff at De Anza College Food Services did an excellent job preparing for and hosting our party. FODARA appreciates the excellent service by student employees and the tasty, hearty, festive meal.

Giving away the door prizes was fun, especially for the winners of wine and poinsettias. As always, the Holiday Luncheon was a great event especially for catching up and renewing friendships. If people ask you about the party, tell them what a great time they missed and encourage them to attend next year. Happy 2020!

—Mike Paccione

## FODARA BOARD OF DIRECTORS 2019-20

President	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Vice President	Bill Lewis	408.639.9919	billlosgatos@sbcglobal.net
Past President	Tom Moore	650.969.3847	tomandcary@comcast.net
Secretary	Thomas Roza	408.375.9515	tomroza@earthlink.net
Treasurer	Ed Burling	408.310.7128	edburling@gmail.com
Webmaster/Listserv Administrator	Cindy Castillo	408.702.7721	cindycastillo@comcast.net
Member-At-Large	Janice Carr	650.941.2567	janicecarr@pacbell.net
Member-At-Large	Linda Conroy	408.966.5703	lsiqcon@aol.com
Member-At-Large	Maureen Gates	408.736.7504	gates-m@sbcglobal.net
Member-At-Large	Claudette Penner	408.736.6481	Claudette@penner.org
Newsletter Editor	Linda Lane		LaneLinda@fhda.edu

## FODARA EVENT CALENDAR 2020

<b>Mar 03</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>Apr 23</b> <i>tentative</i>	Thurs	Wine Tasting	TBA	TBA	Open to All
<b>May 05</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>June 11</b>	Thurs	Summer Picnic	3:00 pm	Cuesta Park, Mt. View	Open to All
<b>Aug 09</b> <i>tentative</i>	Sun	Baseball & BBQ	TBA	Excite Ballpark, San Jose	Open to All
<b>Sept 08</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>Oct TBA</b>	TBA	Pizza "Thing"	TBA	TBA	Open to All
<b>Nov 03</b>	Tues	Board Meeting	10:30 am	FH Toyon Room (2020)	Open to All
<b>Dec TBA</b>	TBA	Holiday Lunch	TBA	TBA	Open to All

## FODARA COMMITTEES 2019-20

<b>District Benefits</b>	Tom Strand, strandtom@fhda.edu
	Faith Milonas, milonasfaith@fhda.edu
<b>After-Words Email</b>	Cindy Castillo, cindycastillo@comcast.net
<b>After-Words Paper Mailing</b>	Janice Carr, janicecarr@pacbell.net
<b>Scholarships</b>	Mike Brandy, brandymike@gmail.com
<b>Social Events</b>	<b>Need volunteers</b>

# Happy New Year from the FODARA Board!



Mike Paccioretti  
President



Bill Lewis  
Vice President



Tom Roza  
Secretary



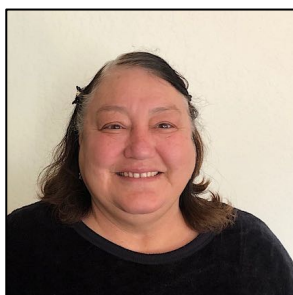
Ed Burling  
Treasurer



Cindy Castillo  
Webmaster/Listserv  
Administrator



Janice Carr  
Member-At-Large



Linda Conroy  
Member-At-Large



Maureen Gates  
Member-At-Large



Claudette Penner  
Member-At-Large



*If you'd like to join the Board or help plan social events, contact Mike Paccioretti ([paccioretti@sbcbglobal.net](mailto:paccioretti@sbcbglobal.net))*

### How FODARA supports retirees:



- ◆ *After-Words*, the online newsletter, informs and updates retirees on events and benefits;
- ◆ Representatives at the Joint Labor Management Benefits Committee (JLMBC) advocate for all retirees;
- ◆ Five, or more, social events per year let retirees catch up with former colleagues and meet new friends;
- ◆ FODARA scholarships give retirees an easy way to continue to support students;
- ◆ The Retiree Gold Card ("retiree ID") provides many perks, e.g., parking permits and campus library use;
- ◆ The FODARA website highlights important retiree information and has links to FHDA resources;
- ◆ An email listserv alerts members to the latest issue of *After-Words* and any time-sensitive information or events.

### How You Can Support FODARA:



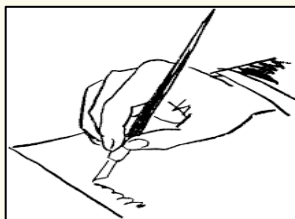
Give a "present" to FHDA students—a donation (tax deductible) to the FODARA scholarship fund. Donate directly online with a credit card via the Foothill-De Anza Foundation (<https://secure.donationpay.org/fhda/>) and, under "Designate Your Gift" in the "Other" box, type in "FODARA scholarship."



Give a "present" to FODARA—the voluntary \$10 yearly dues; this contribution can be sent in with any social event reservation form or, to mail a separate check, contact treasurer Ed Burling ([edburling@gmail.com](mailto:edburling@gmail.com)); he thanks everyone who sends donations to him and especially enjoys the kind notes sometimes included.



Help plan/host one of the social events—or just attend them! Current get-togethers include a wine tasting, sports games, picnic, and holiday-themed lunches; or join the Board or a subcommittee. To sign up for any of the above, contact Mike Paccioretti ([paccioretimike@sbcglobal.net](mailto:paccioretimike@sbcglobal.net)).



Submit an article or photo(s) for publication in *After-Words*: details/photos of a recent vacation or event; descriptions/photos of artwork, projects, or volunteer "work"; thoughts/reflections on retirement enhanced with a photo of you, perhaps with FHDA friends, enjoying life. Email items to *After-Words* editor Linda Lane ([lanelinda@fhda.edu](mailto:lanelinda@fhda.edu)).

## HEALTH CARE BENEFITS UPDATE

No update is available; the next meeting of the Joint Labor Management Benefits Committee (JLMBC) is January 30, 2020. If any items discussed are time-sensitive or urgent, a summary will be emailed out via the FODARA listserv; otherwise, a report will be included in the March 2020 issue of *After-Words*.

## NEW DE ANZA MASCOT

De Anza College's new mascot will be the Mountain Lion. The choice was made by the college mascot workgroup, which included DASB student representatives, student-athletes, and coaches. Their decision was based on extensive input and campus-wide participation, including Academic and Classified senates, alumni, as well as online and other surveys. Members of the group liked the mountain lion in part because it is native to the region, and this selection has the added benefit of being unique—no other California college or university has adopted the mountain lion as its mascot.

A record number of students, faculty, classified staff, and alumni participated by naming their preference among several finalists, which included bears, wildcats, and diamondbacks. The mountain lion was the top choice overall, drawing the most first- and second-choice picks in a ranked-choice survey in November. The name may be shortened to "lions" in certain circumstances.

De Anza decided to adopt a new mascot after students voted overwhelmingly last spring to retire the Don, an outdated symbol that many students had never even seen. The new mascot symbolizes pride and school spirit for everyone associated with the college and works equally well for women's and men's athletics teams.

The next step for the workgroup is the design phase to develop an official image for the new mascot, with continuing input from DASB representatives, student-athletes, and coaches. Phased implementation will begin in spring 2020. Go Mountain Lions!





According to the online District Board minutes, two people will have retired by the end of Winter Quarter 2020:

- ◆ Liane Freeman, CS Krause Center for Innovation
- ◆ Najwa Jardali, FH Language Arts

Apologies if anyone was inadvertently included or excluded.

We wish all retirees a happy, healthy post-employment life! New and “old” retirees are encouraged to join and support FODARA by signing up for the listserv, by volunteering to serve on the Board or another committee, and especially by attending the annual social events—see the events calendar on p. 2 and download reservation forms from the FODARA website: <http://www.deanza.edu/fodara/index.html>.



## In Memoriam

*Tom Giebler*

*If you know of an FHDA retiree who passed away not listed on FODARA's In Memoriam webpage, please email the name to Cindy Castillo ([cindycastillo@comcast.net](mailto:cindycastillo@comcast.net)). Tribute articles are welcome—email draft to After-Words editor Linda Lane ([lanelinda@fhda.edu](mailto:lanelinda@fhda.edu)).*



**Dr. Maribeth ("MB") Hendrickson** passed on June 27, 2019. Born in Chicago, she moved to Los Altos, California, at age eleven. Maribeth loved academic life, as both a life-long learner and teacher. She received her Masters in Philosophy from San Jose State, her Ph.D. in Philosophy from Stanford, and her J.D. from University of California Hastings. She taught philosophy at Foothill College for more than three decades. Maribeth was a striking personality. Persuasive and committed to debate, she was equally engaging when discussing Plato or the TV show Project Runway. She loved films, books, fashion, and photography. An advocate for underdogs—human and animal—she volunteered her time and energy and expertise throughout her life.



**Eleanor Taffae** passed away November 2015\* at the age of 91 from Alzheimer's disease. She graduated from Hunter College in New York, and obtained her PhD in Psychology from the University of Connecticut. She taught at San Jose State University, was a counselor at Foothill College, and had a private practice in clinical psychology. Eleanor demonstrated remarkable empathy and compassion in her professional and private life. She was a philosophical spiritualist, a religious pluralist, and an active participant in innovative retreats and workshops conducted under the auspices of the Archdiocese of San Francisco. Eleanor was an avid hiker and traveler and loved all animals. Multilingual with a passion for French literature, she was an ardent admirer of opera and Italian Renaissance art.

*\* published November, 2019, in SJ Mercury News*

## Everything You Wanted to Know About Retirement—And More!



Jill Steinberg, Ph.D., an emeritus professor and clinical psychologist, retired ten years ago from San Jose State University after thirty years of teaching and helping students discover how to live successful lives. Now her focus is on what makes retirees thrive. She teaches classes, both in person and online, and has presented her research "Successful Retirement: From Retiring to Rewiring" to universities, including Boston University and UC Santa Cruz, and at Google, Mensa, and other organizations; it will be available in 2020 as a chapter in *The Aging Consumer: Perspectives from Psychology and Economics*. Fascinating facts, helpful resources, and personal stories from Santa Cruz and Bay Area retirees are featured on Steinberg's website MyRetirementWorks ([www.myretirementworks.com](http://www.myretirementworks.com)). Below is a summary of some of her findings and insights on retirement.

- The literature tends to define and discuss retirement as a discrete point in time—a clear point when the person stops working. That was true and typical historically but is no longer the case. For many, the boundary between work and retirement has blurred. Retirement is now an evolving process and often takes the form of being self-employed or working for someone else to provide purpose or give back rather than to accumulate more wealth.
- According to employment statistics, recent changes in when people retire are affecting U.S. workforce demographics:
  - The older workforce is growing more rapidly than the younger workforce;
  - Fifty-five and older is the only age group in which workforce participation rates have been rising in contrast to past decades of decline;
  - More older people are working longer, and, of those who do stop working completely, about 30 percent "unretire" within six years.
  - In the general population, one in five workers aged 50 and older has a retirement job with the mean age of 63;
  - Working in retirement is becoming the new normal.
- Most people and the research tend to focus only on financial issues and ignore the personal and social aspects of retirement. Yet, though financial resources are an essential part of the calculation, they are not sufficient to create a successful retirement. The biggest factor is personal: having a sense of control over the circumstances of retirement—forced retirement is the leading predictor of *unhappiness*.
- Three distinct stages are typical for the majority of retirees: a honeymoon phase followed by a steep decline in happiness after which most reach a stable "plateau" at the same or higher level of satisfaction as when working; however, according to some surveys, up to 25 percent of retirees experience on-going difficulty adjusting.

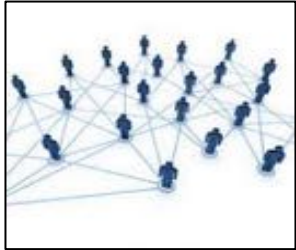
Steinberg's research and interviews have led her to conclude the following four actions make retirement more enjoyable and successful.



### 1. MAKE PLANS

A consistent research finding is retirement tends to be easier for people who are goal-oriented and therefore able to plan what to do once retired. Planning is correlated with higher retirement satisfaction and better adjustment. Pre-retirement planning could include writing down future projects to work on; goals to achieve, with incremental steps; and concrete descriptions of an ideal daily routine. And prior to retiring, implementing one or more of the projects increases the likelihood of a successful retirement. It does not appear to matter what type of

activities are planned—taking classes at a university or volunteering—or if these particular activities continue after retiring; it is the process of planning and implementing that helps retirees approach their new found time with meaning and structure: implementing engages the person in actively doing something to figure out how to make transitions and that practice leads to more success in retirement.



## 2. STAY CONNECTED

The Beatles said it best: “I get by with a little help from my friends.” Social and internet connectedness are vital in retirement. Spending time with other adults enhances life satisfaction, general well-being, and health. Using the internet can reduce depression, especially if forming friendships is challenging. To connect with others, retirees can schedule regular lunches with former work associates and develop new friendships by attending workshops or courses on subjects of interest.

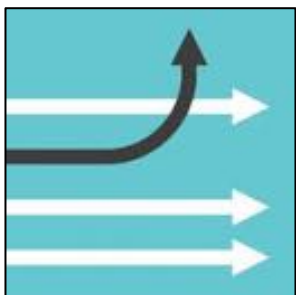
And to “connect with themselves,” retirees can keep a journal to describe experiences and articulate what they enjoy most/least about retirement.



## 3. ESTABLISH PURPOSE

Purpose is defined in the research as “a self-organizing life aim that stimulates goals, promotes healthy behaviors, and gives meaning to life.” A sense of purpose definitely improves physical health and well-being in retirement. Quoting one retiree Steinberg interviewed, “*Purpose is paramount; having a basic purpose clearly in mind has been absolutely essential to my mental well-being. There’s almost nothing worse than feeling adrift.*” Before retiring, this person defined his overall purpose—spend more quality time with family, work on projects, keep up

with friends, and volunteer—and for each listed specific steps; after retiring, he reviews this list at least once a month to make sure he's on track. Other retirees decide to shift their worklife purpose into retirement, such as a teacher who volunteers to be a literacy tutor at a local library. For those who do find themselves wondering how to spend the days, two “tried and true” activities help fill the weekly calendar: regular exercise—whether walking the neighborhood or spending time at the gym—is an important component of mental and physical well-being; and volunteering is especially beneficial; those who provide service to others feel better about themselves and the world.



## 4. BE FLEXIBLE/ADAPTABLE

Consistent predictors of well-being in retirement are flexibility in goal adjustment and the ability to deal with failure or loss. Research indicates people need strategies not only to support achieving goals but also to cope with the failure of not achieving them. Goals can change unexpectedly as when retirees find themselves suddenly “going solo” due to death of a spouse or divorce (for those 50 and older, divorce is on the rise); in fact, one in three Baby Boomers lives alone. And, since older people now show a preference for “intimacy at a distance,” i.e.,

living alone rather than with family or friends, being adaptable to unforeseen situations is a key factor in enjoying the golden years.

To sum up Steinberg's up perspective on retirement, “you’re never too young to think about retirement and never too old to make it better.” You can review her research, read interviews with retirees, and submit your own experiences as a retiree on [MyRetirementWorks.com](http://MyRetirementWorks.com).





Jack Hasling offers his words of wisdom for the new year in the poem below. His books available on Amazon.com include these titles:

- *It's Nice to Take A Gift: Occasional Verses for Reading Aloud* (2018)
- *Speaking is Something to Think About* (2018)
- *The Untold Story of the Word* (2017)
- *Every Thought I Can Think* (2009)
- *Footprints on My Tongue* (2006)
- *Welcome to the Dunes* (2004)
- *Hillview: A Novel* (2001)

### LOOKING BACK

I've finally reached the age when I can look back on the years  
and review the resolutions that I've made.  
Some of them were useful, and a few have changed my life,  
But many were forgotten, I'm afraid.

I guess I need to make them; yet, I'm weary to the core  
of striving every year to get ahead.  
It's hard to make improvements—what I'd really like to do  
is make a list for *other folks* instead.

But I surely wouldn't want to let my wisdom go to waste,  
and that's exactly what would be the case, I fear.  
So I'll write my resolutions for the things that I should do;  
then I'll add them to the list I made last year.

FHDA will have two measures on the March 3, 2020 ballot:

**Measure G** – the Foothill-De Anza Community College District Affordable Career, College Transfer, Classroom Repair Measure – is a \$898 million general obligation bond that would cost property owners approximately 1.6 cents per \$100 of assessed value (not market value) annually through 2053-54.

**Measure H** – the Educational and Teacher Excellence Parcel Tax – is a \$48 parcel tax that would be levied for five years and raise approximately \$5.6 million annually.

These measures are designed to increase opportunities and support for local students to earn college credits, certifications, and job skills at a reasonable price and transfer to four-year universities. Priorities Measures G and H will address include the following:

- Keeping quality education affordable;
- Providing essential job training and workforce preparation for students;
- Preparing students for transfer to 4-year universities;
- Supporting students facing food insecurity and hunger and homelessness.

More information is available at [www.fhda.edu/MeasuresGandH](http://www.fhda.edu/MeasuresGandH)

## More Holiday Lunch Photos

Thanks to everyone who attended our annual Holiday Luncheon and a special thanks to Mike Paccioretti for arranging this great party and to those who took these great photos.

*If you have photos of recent FODARA events, or noteworthy news of you or your FHDA colleagues, contact Webmaster Cindy Castillo ([cindycastillo@comcast.net](mailto:cindycastillo@comcast.net)).*





**FODARA**

**Foothill-De Anza Retirees Association**

**Foothill-De Anza Community College District**

**12345 El Monte Road, Los Altos Hills, CA 94022**