

Retired Public Employees Council of Washington

Chapter 9 - Vancouver

President, Julie McBride

Whether we're fighting cuts to pensions and health care benefits or trying to save Social Security from the privatizers, the strength of RPEC is directly related to the *participation* of our membership.

You are invited to the next Chapter 9 meeting:

When: March 15, 2012
Time: 1:00 pm
Where: Marshall Center
1009 E McLoughlin Blvd
Vancouver, WA 98663

Program: Speaker from the Southwest Washington Agency on Aging & Disabilities

The subject will include the *Family Caregiver* and *Senior Health and Wellness* programs. Bring your comments for a question and answer time.

Upcoming Meetings:

April 19, 2012 – *Election of new officers* and appointment of convention delegates. Interested in being a board member? Come to the meeting and run for an office.

May 17, 2012 – Guest speaker will be *George Masten*, Interim Executive Director for RPEC. Any concerns or questions you have regarding RPEC and what is happening in Olympia, George is the man to speak with.

Remember, we always serve coffee, tea and refreshments at each meeting. There is a door prize drawing each time and it is always a surprise. Sometimes it is money, you just don't know. Come on in and get in on the fun!

To stay informed with RPEC issues, check out the website at: www.rpecwa.org.

HEALTH TIP:

Healthy Aging:

1. Getting old does not automatically mean poor health. Preventive measures like healthy eating, exercising and managing stress can help reduce the risk of chronic disease and fall risk later in life.
2. Significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age.
3. If you believe in yourself and have confidence in yourself, you are setting up a positive environment for change no matter what your age. Older adults are just as capable of learning new things, thriving in new environments and sharing their wisdom and experience with many generations.

Laughter does make a heart merry:

Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine.

RETIREMENT and for those thinking of retiring!!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: 3 hours after he falls asleep on the couch.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.