

Country Squires of New London, NH
Minutes for the Meeting on Thursday, September 12, 2019 at Eastman

***Welcome:** Acting President Art Rosen welcomed members, guests, and our guest speaker Dr. Patricia Peters Martin, a clinical psychologist and author of “Well-Come to Retirement: Thriving in Your Third Act.” Since this is the week of 9/11, he asked all to stand for a moment of silence to honor the memory of those killed in the attacks and the first responders who attempted rescues.

***Invocation:** Acting President Art Rosen asked Ed Wollensak to give an invocation. Ed offered thanks to the Lord for the food and fellowship; for being a source of hope for those in need; a source of contentment for those who need it; and for inspiring within us a spirit of gentle kindness toward all.

***Lunch:** We then enjoyed our luncheon of salad, breaded chicken with peas and macaroni and cheese, and chocolate cake for dessert.

***Speaker:** At 1 PM, Acting President Art Rosen introduced our guest speaker Dr. Patricia Peters Martin. She has been a neighbor of the Rosens’ in Newbury for the past 24 years. She has a second life as a clinical psychologist with a practice in Longmeadow, MA, a college professor, and an author of three books. Her new book, “Well-Come to Retirement: Thriving in Your Third Act” is in the forefront of a new approach to aging. Patricia is a Phi Beta Kappa graduate of Georgetown University and earned a Doctorate in Clinical Psychology from Purdue University. She has had a clinical counseling practice in western Massachusetts for the past 35 years. She has been an adjunct faculty member at Purdue University and Springfield College.

Dr. Martin began the talk asking the question “Why did I write a third book?” She has been counseling people on issues throughout the life span (“cradle to grave,” “Womb to tomb,” “sperm to worm”). “I have seen the Three Acts of Life: Act 1 is growing up, going to school, being trained. Act 2 is the career and family life. Act 3 is how to age well.” She then provided the classic definition of Wellness, which is the state of complete physical, mental, and emotional well-being. She realized that this definition was not being applied to aging. In recent years, she has increasingly been confronted by questions related to retirement. “What should I do next?” “How do I stay vital?” “How do I remain relevant?” Dr. Martin describes her book as a discussion of the Eight Domains of Wellness During Aging.

1. Social Wellness - relating to and connecting with others in a meaningful way;
2. Emotional and Psychological Wellness - understanding and coping with retirement stresses, and being mindful of anxiety and depression;

3. Spiritual Wellness - establishing peace and harmony within;
4. Occupational Wellness - gaining personal fulfillment through work efforts;
5. Intellectual Wellness - keeping the mind open to new ideas and lifelong learning, while trying to learn something new each day;
6. Creative Wellness - engaging in drawing, acting, writing, or other creative acts;
7. Financial Wellness - she did not spend much time in her book on this because there are libraries filled with books on this topic; and,
8. Physical Wellness - maintaining a healthy life while abstaining from adopting bad habits.

Dr. Martin added that there could be one more domain called Environmental Wellness, in which one lives in a place that offers a pleasant stimulating environment that offers many opportunities for engagement in these Domains. Her book focuses on a person or couple who, in her experience, was an example of each of these Domains.

Dr. Martin added comments about two other research projects. One was The Blue Zone Project, in which researchers visited communities or areas in which many octogenarians lived and described characteristics of these residents. The other was “The Masterpiece Living Theater,” which was described in a book by Professor Roger Landry, a Harvard University educator. Both described people and communities who embodied a mix of the Eight Domains.

She advised the Squires to not be stuck on your chronological age, but to focus on your subjective age. Believe that retirement is a vital time.

She closed her talk with two quotes.

- “You can’t help getting older, but you don’t have to get old.” - George Burns
- “There is a fountain of youth. It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”- Sophia Loren

***Guest’s Gift:** Following Dr. Martin’s talk, Acting President Art Rosen presented her with the often imitated, always envied and most prestigious Squires Mug.

***Introduction of Guests:** No guests were present for introduction, nor were there elections for new members.

***Old Business:** Acting President Art Rosen made the following announcements:

- Our condolences are extended to the family of Gordon Starkey, who passed away from cancer of the esophagus.
- Ted Jones will be the next Acting President and will conduct the October 10 meeting.
- Joe Watts and Tom Cooper will assume the role of Co-Presidents at the November 14 meeting.
- We are engaged in an informal membership drive. We want to add five new members in the next two months. Everyone should be seeking possible members to bring into the Squires.
- The Squires is approaching our 60th anniversary. We can consider the possibility of celebrating this within the context of our Christmas celebration, or perhaps at Christmas of 2020. The Executive Committee will meet to discuss this.
- Joel Ash was asked to update us on the status of the Bistro Nouveau, Eastman's caterer who had announced it would close operations at Eastman at the end of October. Joel spoke earlier today with Elaine Lascher, the head of Eastman's Restaurant Committee, and was pleased to report that Bistro Nouveau has just extended its agreement with Eastman through the end of March.

***New Business:**

- We will resume "formal attire" at our next meeting, meaning ties and jackets are expected.
- The President of Norwich University will speak to us in November. His talk will tie into Veteran's Day.

***Next Meeting:** Our next meeting is scheduled for October 10. Ted Jones will be the Acting President for that meeting. Morris Edwards announced that Larry Harper will be our speaker in October. He is a management consultant who was hired by the US government in the 1990's to teach the governments of former Communist nations how to work in free-market economies.

*** Adjourn:** A Motion to adjourn was called for and seconded, thus ending the meeting.

Respectfully submitted,

Paul Etkind, Secretary
12 September 2019

