

The A-RE-NEWS

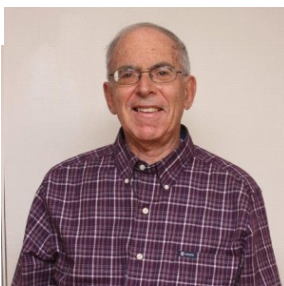
Newsletter of the Association of Retirees of Eversource and Northeast Utilities (ARENU)
PO Box 270 Hartford CT 06141-0270

OCTOBER-DECEMBER 2018

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From the CT Chapter President


Dear Fellow ARENU Members:




Larry Levy

There are many volunteers who help make our CT Chapter a viable organization. As has been my custom for this final newsletter of the year, I would like to thank those special people in no particular order.

- Our Treasurer, **Everett Spencer** has tirelessly kept up our financial records. He keeps track of the money deposited from new applications, trips, the golf tournament, and the holiday luncheon. He also runs the 50/50 raffle at our regular meetings and the Holiday Luncheon. The raffles are our major source of income. 
- **Sandy Nesci** is the publisher of our quarterly newsletters. She takes our reports and by adding appropriate clip art, makes our newsletter very professional looking. It is a pleasure working with Sandy each quarter.
- **Karoll Wiater** is our new office manager, taking over from **Doris Torrey** earlier this year. Doris had to resign due to family health issues. Karoll has stepped right in, and was quick to learn how to efficiently run our office. 
- **Tony Spinelli** has filled the position of Vice President, a position that has long been vacant. Tony's main responsibility will be getting speakers for our monthly meetings. Please contact him with suggestions at: antoniospinelli@sbcglobal.net.

- **George Millerd** is our new Information Technology specialist. When there were recent problems using the Eversource email system, we were forced to convert to a new email system. George's expertise has become invaluable in sending our members' correspondence in a timely manner. 

- **Linda Yost** has done a great job as our Trip Chairman over the past ten years. As previously announced, Linda had to resign due to family health issues. We are very pleased that **Anne Kaiser** has agreed to take over from Linda. *Welcome aboard Anne!*

- **Rich Greene and his golf committee (Marvin Plaut, Jan Bennett, Pete Sullivan, Bob Factora, and Les Davison)** do an outstanding job in running our annual golf tournament. Thank you Rich for chairing this important event each year. *Next year's tournament, our 26th, will be held on July 25, 2019 at the Tunxis Country Club.* 

- A big thank you to our **2018 Holiday Luncheon Volunteers: Linda Maher, Johanna Kerr, Robin Thompson, Helen Wong, Mike Wiater, Donna DiMauro, Alice Kelly, and Peter Sullivan**. Your efforts at our biggest event of the year were very much appreciated.

I really appreciated **Karoll Wiater** stepping in as host of the holiday luncheon. From all the emails that I received, Karoll did an outstanding job as the leader of this event, and had many innovative ideas.

2019 CT Chapter Meetings

Please mark your calendars with the following dates of our 2019 monthly meetings, which begin at 10:00 a.m. in the Eversource Berlin Cafeteria Conference Room.

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ARENU CHAPTER NEWS

CT President's Letter (continued from Page 1)

April 17 - "Nature's Revenge: Plague of Emerging Vector-Borne Diseases by Mosquitoes in CT", **Goudarz Molaei, Ph.D.**, Clinical Professor, Yale University and Research Scientist for the CT Agricultural Extension Service



May 22 - "Bears in CT", **Paul Colburn**, Wildlife Specialist

June 19 - Not Scheduled Yet

September 18 – **Larry Gareau** teaches the history of jazz and rock and roll at Central Connecticut State University. He will discuss the great musicians from the world of jazz and early rock and roll.



October 16 - "Looking Ahead to the Winter of 2018-2019," **Brad Field**, Retired NBC30 Meteorologist

Holiday Luncheon – December 4, 2019



From Our New Trip Chairperson – Anne Kaiser

As you are probably aware, Linda Yost has stepped down from arranging trips. I have decided to give it a try and fill Linda's slot and was asked to provide a short background for this newsletter.

I was employed by Northeast Utilities from 1973 to 2012. I was grateful to have many opportunities during that time, including 10 years job sharing working as an Administrative Assistant, 4 years as a Webmaster and the last 11 years working as a Financial Analyst. I had the pleasure of getting to know many wonderful people. I am currently working part-time at St. John Church in Cromwell, and am a member of the Friends of the Cromwell Belden Library and run their bookstore.

I also enjoy knitting, gardening, reading, scrapbooking and, of course, traveling. I am very excited about working with Tours of Distinction to provide my fellow ARENU members the opportunity for some fun trips. Linda has done a great job in the last 10 years of providing a wide sampling of trips and I hope to be able to do the same. I look forward to hearing your ideas and look to you to help make this program a success. Contact me at:

rayman324@sbcglobal.net.



401(k) Plan Fixed Income Fund

The Eversource 401(k) Plan Fixed Income Fund interest rate was increased to 2.9% for the upcoming six months from 1/1/19-6/30/19. This is a 7.4% increase from the previous six months.

Replacement For President

Last month I sent out a request for someone to take over the President's role for the ARENU Connecticut Chapter by the end of 2018. Unfortunately, I have not had any responses. This is a volunteer organization, and in order to continue to be successful, we need a leader. I have enjoyed serving as your President for the past eleven years, but due to the frequency of medical visits and procedures, I will need to resign.



Please consider taking on this role or perhaps sharing as co-president. The job is not difficult, but there is a time commitment which varies, depending on the time of year. I welcome phone calls or emails to answer any questions on what is involved, and I will work with the new president for as long as he or she wishes.



The following articles were copied from the [Czepiga Daly Pope & Perri LLC](#) Newsletter. We have had Paul Czepiga give several presentations at our CT Chapter meetings on legal issues affecting retirees.

7 Ways to get a good night's sleep

Our need for sleep changes throughout our lifetimes, but maybe not as much as we once thought. Contrary to popular belief, **adults 65 and older do not require less sleep than they did at 35 or 50**. The National Sleep Foundation recommends 7-9 hours of sleep a night for adults of all ages.



Unfortunately, many adults over 65 do sleep less than the 7-9 recommended hours, which can be detrimental to overall health. Here's what to know about sleep and how to improve sleeping habits.

What happens when you don't sleep enough
Lack of sleep can reduce quality of life by affecting physical, mental, and emotional well-being.

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CT President's Letter *(continued from Page 2)*

Short-term consequences of reduced sleep can develop after a single night of poor sleep, and include:

- Daytime tiredness
- Reduced coordination
- Increase in slip and fall accidents
- Increase in motor vehicle accidents
- Impaired cognition, attention, and memory
- Moodiness



Long-term consequences are more severe. Chronic lack of sleep is associated with:

- Heart disease
- Diabetes
- Obesity
- Depression, anxiety and other mood disorders
- Decreased immune function
- Decreased life expectancy



Good things happen when you do sleep enough

Here's what the body and brain are doing at night while you sleep:

- Hormones are released or inhibited to regulate body composition, cell regeneration, and metabolism
- Muscle and tissue grow and repair
- Wounds heal
- Free radicals are eliminated from the brain and other organs
- Some memories are encoded for long-term storage, others are forgotten

In short, adequate sleep allows your body to repair and prepare for the following day and is vital to optimal health.

How senior adults can get better sleep

Everyone, regardless of age, can sleep better by doing simple things like improving [sleep hygiene](#) and avoiding caffeine close to bedtime, but seniors should also make sure to address age-related sleep issues:

1. Seniors naturally find that they tend to go to bed earlier and wake up earlier than they used to. Don't fight this tendency; work with it. Go to sleep and wake up around the same time every day.
2. Keep naps short, at 20-30 minutes tops, so they don't interfere with your regular sleep schedule.
3. Replace regular nightlights with motion-sensitive nightlights in order to help prevent nighttime falls.
4. Ask a snoring partner to see a doctor (for their sake and for yours) as the noise can cost you an hour of sleep a night. Otherwise, consider sleeping in separate bedrooms.
5. Get some sunlight. Seniors tend to spend more time indoors, missing out on sunlight's powerful effect to help regulate sleep cycles.
6. Talk to your doctor about how existing medical conditions are impacting sleep. This may include prostate enlargement for men and reduced levels of estrogen for women.
7. Look at your meds. Many kinds, including antidepressants, interfere with the production of melatonin, a hormone that helps regulate the sleep cycle. This is in addition to the natural decline of melatonin production as we age.



By improving sleep habits and working with your doctor, you can avoid many of the sleep disorders that occur with age and enjoy better health because of it.



Six Secrets to Happiness

What's the secret to happiness? Not sure there are any secrets, but there appears to be a formula. By studying happy people, researchers have been able to find common traits and links between them. This is good news for us! It means we can take steps to actively increase our happiness. Who doesn't want that?

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CT President's Letter *(continued from Page 3)*

We can choose to **age gracefully and happily** by focusing on these six things:

Focus on Others First

One of THE best ways to increase your own happiness (and pull yourself out of any slump) is to do something for someone else. It works every time! That's right – by making others happy you will boost your own well-being. So go ahead and reach out to someone and tell them how special you think they are! Bring someone a meal, send a note, volunteer...there are many reliable ways to improve happiness.



And be generous with others. A study from the University of Zurich found that participants in a research study who performed acts of generosity viewed themselves as happier, even if the act of generosity was small.

Seek Out People

Connection is crucial for humans. We need social interaction, friendship, and kinship. It keeps us healthy and lets us thrive. The opposite, isolation, is the equivalent of being an alcoholic and smoking 15 cigarettes a day in terms of mortality, according to a study from Brigham Young University. Plus, isolation and loneliness are linked to increases in dementia.



Happiness is affected by all kinds of human contact, not just relationships with lifelong friends, but even casual interactions with strangers or acquaintances throughout the day. The bottom line: Happy people spend time with people!

Cultivate Gratitude

Being grateful for the special people, great experiences, and good things you have in your life is key to happiness. One study demonstrating this powerful link was conducted by noted researcher Dr. Martin E. P. Seligman at the University of Pennsylvania, who showed that participants in a research study who delivered a letter of thanks to someone reported a large increase in happiness which lasted for a month.



Practicing gratitude is simple. Some people keep a journal in which they write down 3 things they're grateful for every day. Other people spend a quiet moment simply thinking about what makes them feel blessed. It doesn't have to be complicated.

Exercise Regularly

It's no surprise: In addition to being good for you physically, exercise is good for you mentally and emotionally, too. Regular exercise is associated with **less depression** and **more happiness**. It doesn't have to be intense, either; a short daily walk is enough to notice an effect.



Practice Mindfulness

Being present in the moment is one of the hardest things we can do, as we're often thinking about the past or planning for the future. But people who regularly practice mindfulness – focusing on the present moment – report higher levels of **satisfaction with life**.



The best way to do this is to practice meditation. Essentially, just a few minutes each day of sitting quietly and clearing your mind of all thoughts is a good start. Just breathe, listen to your breath.

Choose to Be Happy

Set out to be happy. That's right, make it a conscious goal. While some researchers believe we each have a **happiness "set point,"** they also believe that this set point can be augmented by the things we do. Choosing to be happy, and actively working to include activities in our lives that have been shown to increase happiness, is the first step.

So there you have it. Start today!



Wishing you and your family a healthy and enjoyable holiday season and a Happy New Year!

Sincerely,

Larry Levy

Connecticut Chapter President
E-Mail: LEVYL2@Yahoo.com
(860) 523-9570

OBITUARIES

Our sympathy to the family and friends of those listed below.

<u>Name</u>	<u>Date of Death</u>	<u>Company</u>	<u>Retirement Date</u>
Thomas H. Hodge	10/12/2018	NU	8/1/1994
Dorothy Young	10/13/2018	NU	12/1/1994
Linda Guerard	10/17/2018	NU	9/1/2012
Harry Hetrick	10/22/2018	NU	10/31/1993
Robert F. Rowe	10/24/2018	NU	8/1/2000
Robert G. Lindner	10/26/2018	NU	5/1/1989
Robert P. Peloquin	10/28/2018	NU	12/31/1991
John Leone	10/28/2018	NU	5/1/1985
Henry K. Kruger	11/6/2018	NU	2/1/1990
Vincent Ragusa	11/13/2018	NU	9/1/1996
Charles J. Vincent	11/15/2018	NU	11/1/1995
Charles E. Stuart	11/24/2018	NU	6/1/2015
Donald A. Brown	11/29/2018	NU	1/1/1987
Peter A. Misani	12/2/2018	NU	5/1/1989
Brij B, Agarnal	12/3/2018	NU	2/1/1986
David K. Brierley	12/5/2018	NU	2/1/2004
Justin J. Moore	12/6/2018	NU	6/1/1992
Allan G. Risedorf	12/10/2018	NU	2/1/2000



ARENU CHAPTER NEWS



**2018 SOUTHWEST FLORIDA NU RETIREE LUNCHEON
(Combined Ft. Myers/Pinellas Park groups)**



TUESDAY, MARCH 5, 2019

Noon – 3:30 p.m. (Lunch served at 12:30 p.m.)

Peridia Golf & Country Club, 4950 Peridia Blvd. E, Bradenton, FL * (4 miles west of Exit 217 off I-75)**

QUESTIONS?? Contact Donna Drasdis (239) 970-2076 (H) or (860) 597-2873 (C);
or Email at: ddras33@comcast.net



\$20 per person

Includes: Entree, Caesar Salad, Rolls & Butter, Spumoni, Coffee,
Tea, Iced Tea, Tax & Gratuity. (Cash Bar)



**Please make checks payable to: Donna Drasdis
RSVP by: 2/15/19**

Cut or tear here >>> -----

2019 S.W. FLORIDA NU RETIREE LUNCHEON

Mail this coupon & payment to:

Donna Drasdis, 795 Dove Ct., Marco Island, FL 34145

All meals are \$20 per person.

Name(s): (Please Print) _____

Phone #: _____ **Email Address:** _____

Menu Choice: () Salmon Piccata* () Chicken Marsala*
() Home-Style Pot Roast* () Pasta Primavera

*** These entrees served with roasted red potatoes and buttered green beans.**

