Your All Retirees Newsletter

A LETTER FROM THE PRESIDENT November 2023

Fall is in the air. I am reminded of the opening lines of the poem by James Whitcomb Riley, “When the frost is on the punkin and the fodder’s in the shock.” Even though I grew up on a farm in the Midwest, the word shock was not one I knew. I asked my grandfather, a lifelong farmer about it. He cut some cornstalks and made one for me. Aren’t Grandpas great?

This is also a time to take care of ourselves. Covid, flu, colds, RSV and a host of other illnesses are lurking. I have been ill for the past three weeks and am struggling to recover. It has been slow.

We are approaching the Thanksgiving Season. This is a time to gather with friends and family. A time for turkey, dressing, cranberry sauce. pumpkin pie, green bean casserole and many other specialties.

I wish all of you a blessed Thanksgiving.

Yours Truly,

Jim Conyers,

SJAER President

SAN JUAN ASSOCIATION OF EDUCATIONAL RETIREES

AZTEC • BLOOMFIELD • CENTRAL • FARMINGTON • SJC

Send in your dues now, or ask a friend to join. Enjoy monthly programs, and support activities that enhance the lives of San Juan County retirees who receive a pension check from the ERB.

SJAER BOARD

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SJRMC REPRESENTATIVES
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2023-2024 MEMBERSHIP FORM

Name _____

Social Security _____

Address _____

City _____

State _____

County _____

Zip Code _____

Phone # _____

E-Mail Address _____

Birthday _____

Would you like to receive a reminder call before each meeting? NO YES

____ I hereby authorize the Educational Retirement Board to deduct NMAER **state** dues from my retirement check in the amount of $2.50 a month. I understand this authorization makes me a continuing member of the association and can be canceled only by a written notice from me.

____ Already on **automatic** **state** dues.
____ $30.00 enclosed for annual **state** dues.
____$10.00 enclosed for annual **local** dues.
____$5.00 enclosed for **associate** (non retiree) dues.

_____
Signature of Retiree

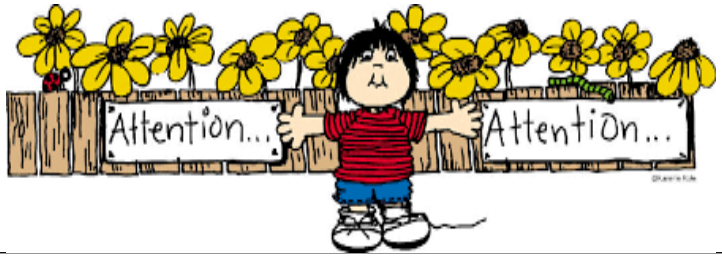
Date:_____

Make checks payable to SJAER.
Mail to: SJAER Membership Chair, Phyllis Meier, 3305 N. Cochiti, Farmington, NM 87401 i

(Dues are Not tax deductible)
Sponsored by __Phyllis Meier
Unit Sponsored by __San Juan AER__

November Program

You may have heard this adage before: "Service is the rent we pay for the space we take up." Come to our next meeting to hear how you can pay your "rent" as a Volunteer at San Juan Regional Medical Center. Teresa Becker, the longtime Hospital Volunteer Coordinator, will tell you how you can serve…and maybe avoid eviction.



2022/2023 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	10	4	16
OCTOBER	6	4	10
NOVEMBER			
DECEMBER			
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	16	8	26

SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 a.m. All meetings except for May, will be at No Worries Bar and Grill located at Farmington Airport. A couple of $8 or $10 specials may be available or members can order off the menu when they arrive. The May meeting will be a picnic at a local park.

NOVEMBER BIRTHDAY	
Cook, Diana 11/3	10/7
Lewis, Joan T 11/4	10/14
Morrison, Karen 11/6	10/19
Park, Dana M. 11/8	10/20
Sona, Ruth 11/13	10/20
Farm, Sharon 11/17	10/23
Ricketts, Karen 11/19	10/31
Meier, Phyllis	11/22
Ryan, Janel	11/24

Volunteer Report

Don't forget to submit your hours! It's easy to do! Simply record it on the sign-up sheet when you attend meetings, or email: **trishshsh@live.com** Many activities qualify for "volunteer hours," including community organizations, church, helping out a neighbor who would otherwise have to pay for the service, or going "above and beyond" family care (home-schooling, disability services, etc.).

Thanks, all, for volunteering! Trish

2023-2024 Month	Volunteer Hours
September	315
October	191
November	
December	
January	
February	
March	
April	
May	
Summer	
Total	**506**

San Juan Association of Educational Retirees

Join or renew your membership TODAY!

See page 2 for 2023-2024 Membership form.

SJAER Executive Board Meeting 10-10-23

10:45 am at No Worries, Sports Bar & Grill

Board Members Working for You

Present: President-Jim Conyers, Secretary-Connie Alley, Treasurer-Kathy Martin, Assistant Treasurer-Sandy Allred, Programs-Karen Morrison, Membership-Phyllis Meier, Webmaster/Legislative Rep.-Chuck Culpepper, Volunteer Hours/In Memoriam -Trish Murphy, SJRMC Rep.-Jim Conyers and Karen Morrison

Absent: Vice President/Scholarship-Marilyn Montoya, YARN-Debbie Klein, Sunshine-Nancy Tyson

Meeting was called to order by Jim Conyers.

Agenda was approved.

Previous meetings minutes were amended and approved.

New Business: none

Old Business: none

Committee Reports

- **Treasurer report:** Approved as printed in the YARN
- **Membership:** We have 16 paid members.
- **Programs:** Today's guest speaker, Virgina Nichols/Mt. Everest in Nepal. Nicky/Estates in November. Two possibilities for future programs are Karen Morrison/Caliente tour in Germany and the San Juan Symphany conductor, Thomas Heuser.
- **Legislation/Website:** There is nothing to report. Legislation is slow right now.
- **YARN:** Dana Park will take some of the extra copies to the Senior Center.
- **Hospital Representative:** There will be a meeting at the end of October.
- **In Memoriam & Volunteer Hours:** Nothing new at this time.
- **Scholarship:** They have accepted a recipient. She will be at the November meeting. The scholarship will be presented at one of their faculty meetings.
- **Door Prizes:** Jim brought some extra goodies today.

Next Board Meeting – 10:45 am on November 14, 2023 at No Worries, Sports Bar and Grill.

In Memoriam November 2023

We are still missing our long-time Board Member and friend,
Caroline McDonald, who passed away in June.

Charlotte Ann Mason. 6/14/56 – 8/13/19. Farmington. Retired from Farmington schools as a Reading Specialist in 2016; also taught in CO & WY for 25 years.

Charles McIntyre. 7/17/30 – 7/21/23. Bloomfield. Taught and coached in Bloomfield, Gallup, Arizona and Oklahoma.

Melissa Ann Holland-Walters. 8/1/77 – 9/22/23. Farmington. Music teacher at Sacred Heart; worked for the NEA.

Mary E Overright. 4/21/36 – 9/24/23. Farmington. School cook.

Rita LaPlante. 1/10/45 – 10/2/23. Farmington. Teacher of Navajo language in Farmington schools and in the Navajo Nation.

Willie June Copeland Lee. 10/21/29 – 10/2/23. Farmington. Taught third grade at Northeast Elementary for many years.

Harriet Emily Foster. 1/12/28 – 10/5/23. Bloomfield. Taught English and Music at Berean Mission School south of Bloomfield until it closed in 1993.

Delores Lee Goodman. 7/29/29 – 10/5/23. Farmington. Director/Supervisor of Childhaven for 14 years.

Diana Clare Mesch. 12/19/44 – 10/12/23. Aztec. Substitute teacher.

Jerry Lee Trout. 1943 or 1944 – 10/12/23. Aztec. Taught math at Aztec High; Awarded "Teacher of the Year." SJAER member.

Dorothy Jean Pancoast. 9/28/38 – 10/27/23. Farmington. Teacher's aide.

Stella Lucero. 6/15/29 – 11/3/23. Bloomfield. Teacher assistant in Ignacio from 1977-1998.

General Meeting 10-10-23

11:30 am at No Worries, Sports Bar and Grill

17 members and 2 guests

Welcome/Opening - Jim Conyers, **Pledge** – Sandy Allred, **Prayer** - Jim Conyers

Business:

- **Welcome members and guests.**
- **Business:**
  - Membership dues can be given to Phyllis Meiers.
  - The State Conference was very informative and friendly. They are working with the legislative to protect our retirement and health care. The 2024 conference will be in Las Cruces.
  - Our Fall Scholarship recipient will be here in November.
- **Continued Projects:**
  - **Scholarship Share the Bucket:** This is a 50/50 effort to build our scholarship fund. Thank you, members, for your donations. Today's winner is Kerry Meier.
  - **Councilor's Student Food Pantry and Threads:** Thank you for your donations.

Guest Speaker: Virginia Nickels

- Virginia shared her Mt. Everest hiking experiences in Nepal.
- She had photos to show, but the technology didn't cooperate.
- Technology set aside she gave a presentation that brought her travels alive for us.
- There were exercises to complete in preparation for the hike.
- There was an orientation when she arrived to prepare them for the worse and hope for the best.
- High altitude pills, toilet paper, and lots of water had to be taken with them. They had no meat on the trip due to spoilage. Everything had to be carried by animal or people.
- They stopped at Tea Houses along the trail during the day. There they had tea, popcorn, and French fries with red chili. At night they stopped at base camps.
- There was no wood to burn. Yaks provide the dung to burn in big round fire pits at night. Therefore, Yaks have the right-of-way along the narrow trails.
- It took 8 days to hike up and down a very rocky terrain. At the end, they were flown out by helicopter.

Community Announcements

- **Caliente Productions:** Their Ghoulish show will be on October 14 in the Totah Theatre at 5:30 and 7:00.
- **Aztec Fall Festival:** Car show, vendors, live music, and activities will take place October 14 in the park behind Safeway in Aztec.

Door Prize Winners: Phyllis – bag, Trish – bag, and Cathy – calendar with recipes.

Next General Meeting – 11:30 am on November 14, 2023 at No Worries, Sports Bar and Grill.

Treasurer's Report

Kathy Martin reports a balance of $2760.99 in our checking account. A scholarship check for $500 was awarded so our scholarship fund balance is currently $422.00.

Scholarship Awarded

From time to time the San Juan Association of Educational Retirees will offer financial assistance in the form of a monetary scholarship to help students meet financial needs during the time they are enrolled in student teaching/field experience.

The recipient of our fall scholarship is Meghan Schmitt-Jones. She is currently working toward her special education certification at Animas Elementary under the supervising teach Ms. Jackie Reddy. Ms. Reddy commented that Ms. Schmitt-Jones "is the first person to volunteer to help out anywhere in the school. She has taken it upon herself to stand in the main hall and greet each and every student walking in the door by name."

Congratulations Meghan and good luck in your teaching career!

SJRMC Corporation Report 10/25/23

A large portion of the meeting this quarter was an education component regarding the **"Patient Experience Program."** With the theme of "What Matters to You" the 'patient experience' was defined as "A patient's interpretation of all interactions encountered during an episode of care and their perception of our ability to meet their needs and provide personalized, safe, high-quality care across the continuum."

Six elements of this experience were laid out for care providers:

- Connect with the patient's family and other caregivers by addressing them by their preferred name and pronouns
- Introduce yourself and your role. Communicate what you are about to do; how long it will take you; and how it will impact the patient
- Ask and anticipate questions from the patient, his or her family members and caregivers
- Respond with immediacy, obtain assistance if required
- Exit every encounter with empathy

Understanding and exhibiting "Cultural Humility," a process of self-reflection to understand personal biases and to develop and maintain respectful processes and relationships based on mutual trust. Humbly acknowledging oneself as a learner when it comes to understanding another's experience.

The HEART of Service Recovery includes:

H – Hear the concern. Actively listen to understand. Don't interrupt. Ask questions to clarify. Use positive non-verbal cues and body language. Restate the information shared to validate the information given.

E – Empathize. Be sensitive and respectful to the person sharing the concern and demonstrate the ability to understand their perspective and/or feelings.

A – Apologize. Don't become defensive. Apologizing shows concern and should be delivered in 1st person. The apology needs to be genuine.

R – Respond with Action. Take ownership of the problem. Explain why it happened if appropriate. Outline what you will do to fix it and provide a timeline. If possible, provide options for the person on how to best resolve the issue. Close the loop.

T – Thank the Patient. Always thank the patient for sharing the concern. "Thank you for trusting us with the care we deliver."

Ask What Matters! Some examples: What is important to you at this moment? What can I do to support you in your care today? Is there anything else you want to tell me that I haven't asked about? What are your concerns and worries right now?

Listen to What Matters! Empathy is an action of understanding. Being aware of, being sensitive to, and vicariously experiencing the feelings and thoughts of another.

Do What Matters! Our patients may not have the skills or expertise to navigate their care. It is our responsibility to support them and assist them in the process by educating and empowering them as much as possible.

New medical employees: 5 physicians; 3 Physician Assistants; 1 Nurse Practitioner

Results of the 2023 Financial Statement and Compliance Audit Report…Positive

Auxiliary Education Assistance for Fall 2023: 11 applications resulting in $11,000 awarded.

2023 – 2024 Meeting Dates and Programs

Nov. 14	Teresa Becker – Hospital Volunteer Coordinator	Feb. 13	Attorney Nicki Unsicker, Wills, Powers of Attorney, and Estate Planning.
Dec. 12	Hopefully, a Christmas Carol Sing-a-long with Robyn Woodard	March 12	TBA
Jan. 9	Debbie Klein/Karen Morrison – Traveling in Germany and Switzerland with Caliente Choir	April 9	TBA

SJAER PROJECTS

If you know of community people, projects, or news that would make an interesting SJAER meeting program, please contact Karen Morrison (klm3@earthlink.net).

If you know of members who have been ill or have experienced the loss of a loved one, please contact Courtesy/Sunshine Chair Nancy Tyson (ntyson@dives-2-little.com). SJAER will send a card.

Greeting Cards

Please take time out to send a cheerful greeting card to a resident at Namaste House, a local assisted living facility which we have "adopted" for the time being. You may address your card as follows: Namaste House, Resident 800 W. 30th Street. Farmington, NM. 87401

Threads

Threads (the High School Pantry partner) collects clothes, toiletries, and laundry soap, etc. for students living on their own or homeless. It is located in the old Farmington Administration Building at 20th and Dustin. Donations may be dropped off during operating hours: Mon 11:45-1:30 and Thurs 3:00-4:30. They also need volunteers.

Pantry

There are a surprising number of high school students living on their own or even homeless. A pantry has been set up to provide food, toiletries, and other basic needs for these students. Members are asked to support this project by bringing items to our meetings which will be given to the counselors running the pantry. Nonperishable, easy fix, microwavable food items, hygiene items, feminine products, etc. are needed to support these students and keep them in school.

Little Free Libraries

Donate books at Little Free Libraries located in Jaycee Park on the corner of Zuni and Mesa Verde Avenue and Mossman Gladden Park 1100 block of N. Buena Vista Ave and in Karen Morrison's front yard at 805 E. 25th Street. In Aztec, libraries are located at 107 N. Mesa Verde and between City Hall and the Splashpad. Take a Book or Leave a Book – that's the LFL motto!

October Meeting Pictures – Thanks Trish! Sorry we missed the last table!

PANTRY

Don't forget to bring donations for our student support programs.

See descriptions above for items needed.

THREADS

EVENTS

Date	Day	Time	Event	Location	Cost
Nov. 29 Dec. 6	Every Wednesday	4:00pm	Untangled Threads - Bring **your** knitting, crochet, embroidery, cross stitch, or more and join to chat with others who also enjoy crafts.	Farmington Library	Free Bring your own crafts
Ongoing	Every Thursday	3:00pm	Drop in Tech Help – Get help with all things computer	Farmington Library	Free
Nov. 3 - , Dec. 8	Monday - Friday	10:00am 5:00pm	San Juan College Fall Art Student Exhibit - painting, photography, and ceramics.	Henderson Fine Arts Gallery	Free Entry
Nov. 14	Tuesday	7:00pm	Caliente Community Chorus Fall Concert – Sojourner Songs - transporting you around the globe through music and photography.	First Presbyterian Church	$15 at the door $16 online
.Nov. 15	Wednesday	6:00pm	Message in a Viga: Historic Inscriptions at the Aztec West Great House – Fred Blackburn	Farmington Civic Center	Free
Nov. 17	Friday	11:30am to 1:00pm	Thanksgiving Lunch - arrive early as no reserved seating permitted. Sign up to volunteer at this wonderful event.	Bonnie Dallas Senior Center	TBA
Nov. 17	Friday	7:00pm	San Juan College Orchestra - Enjoy a beautiful evening of music	Henderson Fine Arts	Adults $8 Srs/Student $6
Nov. 17 Nov. 18	Friday Saturday	7:30pm	A Christmas Carol – a musical adaptation in collaboration with Four Corners Musical Theatre Company	Farmington Civic Center	Adults $28 Student/Senior Military $24
Nov. 18	Saturday	9:00am to 3:00pm	Kelly Greens Craft Fair - Get your holiday shopping off to a wonderful start	McGee Park	$1 Entry inc. drawing ticket
Nov. 25	Saturday	12 – 4pm	Small Business Saturday & Holiday Art Walk Small Businesses host Artists & Artisans	Downtown Farmington	Free Entry
Nov. 28 Nov29-30 Dec. 1 Dec. 2	Tues. Wed &Thur Friday Saturday	5:30-8:30 9 - 8:30 10 - 9:00 8 - noon	Festival of Trees – Presbyterian Medical Center Fundraiser – Purchase tickets for tree drawings. For complete schedule visit: www.pmsfestivaloftrees.org	Farmington Civic Center	Prices vary per activity
Nov. 30	Thursday	5:30pm	Christmas Parade with a Twist! Kids will get a bell to help ring in the holiday season!	Downtown Farmington	Free
Dec. 1	Friday	6:00pm to 8:00pm	Riverglo - Discover Farmington's holiday spirit along the Animas River!	Berg Park	Free
Dec. 2	Saturday	9:00am to 3:00pm	Fran Templeton Memorial Craft Fair - raises funds for the Bloomfield Boys & Girls Club.	BHS North Gym	Free
Dec. 2	Saturday	9:00am to ??? Not listed	Salmon Ruins Holiday Arts & Craft Fair - one of the oldest and most varied arts and crafts fairs in San Juan County. Breakfast available.	McGee Park	$1.00 Kids 12 and under - free
Dec. 2	Saturday	6:00pm to 9:00pm	San Juan College thanks the community for their support with a phenomenal display of luminarias. Walkers start at 5:00pm.	San Juan College Campus	Free

Lots going on right now! Way too many events to list! Visit https://farmingtonnm.org/events for more!