

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

October 2024

Can you believe it is Fall already? The temperature still feels like summer but the calendar says Fall. The mornings and nights are cool. The stores have been selling Halloween candy for some time.

We are still working to recruit new members. Remember, each time you bring someone new to our meeting who joins our unit your name will be placed in a drawing for a free lunch at our December meeting. Good luck to everyone in the contest.

Our state association held its annual meeting in Las Cruces the end of September. I haven't heard about everything that was discussed, but did hear that there has been a grant of \$100,000 to the state scholarship program. This will be used to support both undergraduate and graduate students. We will be getting more information as it becomes available.

I look forward to seeing all of you at our monthly meeting at No Worries on October 8, 2024. Meeting begins at 11:30 AM.

Yours Truly

Jim Conyers,
SJAER President





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

PRESIDENT

Jim Conyers

VICE PRESIDENT

Marilyn Montoya

PAST PRESIDENT

Marilyn Montoya

TREASURER

Kathy Martin

ASSISTANT TREASURER

Sandy Allred

SECRETARY

Debbie Klein

MEMBERSHIP

Phyllis Meier

PROGRAMS

Karen Morrison

Marilyn Montoya

PUBLICITY: NEWSLETTER

Debbie Klein

PUBLICITY: WEBSITE

Chuck Culpepper

SUNSHINE

Nancy Tyson

SCHOLARSHIP

Marilyn Montoya

SJRCM REPRESENTATIVES

Karen Morrison

Jim Conyers



2024-2025 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** dues.

Signature of Retiree

Date: _____

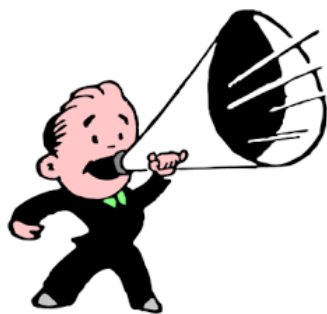
Make checks payable to SJAER.

Mail to: SJAER Membership Chair, Phyllis Meier, 3305 N. Cochiti, Farmington, NM 87401 (505)-320-7536

(Dues are Not tax deductible)

Sponsored by Phyllis Meier

Unit Sponsored by San Juan AER



PROGRAMS

October Program

Our program for Tuesday, October 8 will be presented by Laura Argotsinger and Meghan Zenteno from the San Juan Symphony telling us about the upcoming season: Radiant Echoes.

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. Members can order off the menu when they arrive. The May meeting will be a picnic at a local park.



October Birthdays

Crowley, Jana	10/7
Farley, Joann Marie	10/20
Bell, Sandy	10/31

Dues are due!

Please complete the membership form on page 2 and turn in to Phyllis Meier.

2023/2024 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	9	2	11
OCTOBER	4	4	8
NOVEMBER			
DECEMBER			
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	13	6	19

THANK YOU Volunteers

Volunteer Reminder

“Wherever there is a human being, there is an opportunity for a kindness.” (Seneca)

Our SJAER members have a long history of being kind to our neighbors. We ask that you continue to report your volunteer hours. This is one of the mission statements of our State organization.

Simply sign in during our monthly meeting or email Trish at: trishshsh@live.com

What counts as volunteering? Working with a civic organization, church, hospital, school, emergency situation, and even helping out a neighbor or family member in need – especially if they would have had to hire someone to do that job.

“How beautiful a day can be when kindness touches it!” (George Elliston”

Treasurer's Report

Our treasurer, Kathy Martin, reports a balance of \$2283.23 in our account and \$255 in our scholarship fund. Funds from monthly drawing go into the scholarship fund.

2024-2025 Volunteer Year	Volunteer Hours
September, 2024	270
October	
November	
December	
January, 2024	
February	
March	
April	
May	
Summer, and some annual reports	
Total	270



SJAER Executive Board Meeting 9-10-24

10:45am at No Worries Sports Bar and Grill

Board Members Present: President-Jim Conyers, Vice President-Marilyn Montoya, Secretary-Debbie Klein, Assistant Treasurer-Sandy Allred, Programs-Karen Morrison, Membership-Phyllis Meier, , YARN-Debbie Klein, Volunteer Hours/In Memoriam-Trish Murphy, Scholarship-Jim Conyers and Marilyn Montoya, SJRMC Rep.-Jim Conyers and Karen Morison, Sunshine-Nancy Tyson, **Absent:** Treasurer-Kathy Martin, Webmaster/Legislative Rep.-Chuck Culpepper,

Meeting was called to order at 10:48 by President Jim Conyers. Agendas were approved and provided.

Minutes of the August Board meeting: Minutes were presented for approval; moved by Nancy Tyson, seconded by Kathy Martin, unanimously approved.

Old Business

- **SJAER State Convention:** Discussion was held about possibly hosting the 2025 or 2026 State Convention. It is still being researched at this time
- **Fall Recruitment Picnic:** Scheduled to be held at Kiwanis Park on Thursday, September 26th at 6:00 pm. Debbie Klein made posters, and handed them out to members who can distribute them or post on Facebook. The picnic may also be advertised in the Tri-City Record and by email to all our members. Attendees should RSVP by Tuesday, Sept. 24. Kathy Martin will get Subway sandwiches along with all the fixins'. Marilyn will bring the drinks. Debbie will bring desserts. At this time, 7 Board members are planning to attend.
- **Committee Reports**
- **Treasurer report:** Balance \$2317.28 in our account and \$215 in scholarship. Report was accepted
- **Membership Contest:** Kathy Martin suggested that we have a membership drive. It will be a contest among our members. Whoever recruits a new member will have their name put in a hat for a drawing. Phyllis Meier moved to approve; Trish Murphy seconded it. Discussion followed. It was decided that the drive will start now and continue until the December meeting. The drawing will occur during the December meeting. The winner will receive a free lunch at our SJAER meeting..
- **Programs:** Karen and Marilyn are working on the programs alternating months. Karen said the CEO and Laura Argotsinger with San Juan Symphony will present in October. Karen will donate two tickets to the October performance for door prizes. Debbie has listed all possible programs supplied by Karen and Marilyn in the YARN. Marilyn said Margaret Cheasebro, retired educator and author will be the November program.
- **YARN:** Debbie had 25 copies printed so there would be leftover copies for the recruiting picnic.
- **Volunteer Hours:** Trish Murphy submitted our volunteer hours and the names of our top 5 volunteers in to the state the end of August. Her report is in the YARN.
- **Scholarship:** Karen mentioned the possibility of getting sponsors to help with scholarships, Businesses like "Teach the Children" might be interested.
- **Other Items from the board:** Karen has symphony programs showing the entire year schedule to give out to anyone interested.
- **Next Board Meeting** – 10:45 am on September 10, 2024 at No Worries Sports Bar and Grill.



SJAER General Meeting 9-10-24
11:30 am at No Worries, Sports Bar and Grill
16 members and 2 guests

Welcome/Opening - Jim Conyers, **Pledge** – Sandy Allred, **Prayer** – Marilyn Montoya
Business:

- **Welcome members and guests.**
- **Business:**
 - Membership dues can be given to Phyllis Meiers.
 - Recruiting Picnic - Thursday, September 26th at 6:00 pm at Kiwanis Park. All food and drinks will be provided - all are invited and asked to bring a friend – Posters were distributed
 - Membership Contest – Whoever brings in a new member from September to December will have their name put in a hat for a drawing. The more members you bring in, the more chances you have to win. The prize will be a free lunch.
- **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 Kathy Martin.
 - **Councilor's Student Food Pantry and Threads:** Thank you for your donations.

September Speaker: The Benefits of Belonging - Debbie shared the benefits of fellowship and belonging to a club or organization like SJAER. (see her notes on page 6) Then she entertained us with some magic. Even though she was out of practice and goofed on some tricks, it was fun!

Community Announcements

- **Caliente Productions:** Their 70s and 80s Cabaret fundraiser will be on October 19 in the Totah Theatre at 5:30 and 7:00. See Debbie or Karen for tickets.
- **Aztec Fall Festival:** Car show, vendors, live music, and activities will take place October 12 in the park behind Safeway in Aztec..

Next Meeting: 11:30 am on September 10, 2024 at No Worries Sports Bar and Grill.



In Memoriam October 2024



Darlene Oen. 4/22/37 – 6/29/24. Aztec. Worked at Bluffview. SJAER member.

Patricia (Pat) Arnold. 7/2/48 – 8/21/24. Aztec. A dedicated educator in the Aztec school system and at the Aztec Dormitory.

Yazzie, Annabelle. 1/27/25 – 9/10/24. Dziłth. Dedicated many years as a cook at the BIA school, from 1971-1991.

Roy Charles Waters. 4/27/43 – 9/13/24. Farmington. Director of Construction at Central Consolidated Schools, and Consulting Engineer there and at Aztec Schools. SJAER member.

Roger Dale Nixon. 9/1/49 – 9/14/24. Farmington. After retirement, was an activity bus driver for Farmington Municipal Schools.

Rita Ann Werito. 10/20/33 – 9/28/24. Farmington. Worked as a cook at Navajo Academy School until retirement in 1995.



Benefits of Belonging – Debbie Klein SJAER September 10, 2024

Belonging is the feeling of security and support when there is a sense of acceptance, inclusion, and identity for a member of a certain group. Getting together boosts your happiness and reduces your stress.

Belonging helps us survive. The need to belong is seen as basic to our survival as food and shelter, because it helped keep us alive in the past. When faced with enemies (of the human or animal variety) or struggling to meet the other basic needs, those belonging to a group had a higher survival rate. Groups protect and support each other, making it more likely to raise offspring and pass on their genes.

So, we *literally* inherit our desire to belong; it's hardwired in our brain. Studies have shown that we crave connection in the same region of the brain that we crave food, and we experience social exclusion in the same part of the brain that we experience physical pain.

Belonging is also shown to be a key support for physical health, while the lack of it is linked to ill effects on health and wellbeing. It helps us to manage stress and feel more resilient, which ultimately allows us to cope more effectively during challenging times.

It's easy to see how a sense of belonging becomes a crucial component of our mental health. Research shows that the stronger our sense of belonging, the stronger our well-being. While the lack of belonging contributes to anxiety and depression.

In fact, lack of belonging is a stronger indicator for depression than loneliness or lack of social support.

Calm

Belonging also leads to better physical and mental health; increased life satisfaction; and decreased pain, stress, and loneliness. It also leads to better social cohesion, including community involvement.

The Diversity Movement

Getting involved can benefit you in many ways—from networking, to the feel-good aspect of volunteering, to developing lasting personal and professional relationships.

Belonging promotes Better mental health – it can lighten your mood and make you feel happier. Lower your risk of dementia – social interaction is good for your brain health. Promotes a sense of safety, belonging and security. Allows you to confide in others and let them confide in you.

Mercy Medical Center

Socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer. In-person is best, but connecting via technology also works. Apr 19, 2019

Adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI).

Piedmont Healthcare

Engaging in gatherings with family and friends; being social and spending time with others: is not only enjoyable but also beneficial to your health.

Here are 4 reasons social interaction with Friends and Family are Good for Health

1. Helps you cope with stress. People who spend time with family and friends find healthier ways to cope with stress. A study conducted by Carnegie Mellon University found that people use their family and friends as a stress buffer, talking about their problems instead of seeking negative coping mechanisms like drinking alcohol, smoking or taking drugs.
2. It may lengthen your life. An article in the *American Society of Aging* noted that older adults with larger social networks have good episodic memory, better cognitive functions and a lower allostatic load, which is the wear and tear on the body and brain from being stressed. Having good relationships with marital partners, adult children, siblings, and friends contributes to these positive health effects.
3. Improves psychological well-being. The emotional support provided by social ties enhances psychological well-being. One study found that people who view their friends and families as supportive report a greater sense of meaning in life and feel like they have a stronger sense of purpose.
4. Is good for your cardiovascular health. Stress can actually encourage inflammation in the arteries, which is a precursor to atherosclerosis, or clogged arteries. Having good friends and a strong social support network can relieve stress. One study published in the *Annals of Behavioral Medicine* found that people who discussed difficult times in their lives had a lower pulse and blood pressure when they had a friend by their side.

Mayo Clinic Minute:

What happens when you don't socialize?

"Lacking encouragement from family or friends, those who are lonely may slide into unhealthy habits," Valtorta says. "In addition, loneliness has been found to raise levels of stress, impede sleep and, in turn, harm the body. Loneliness can also augment depression or anxiety."

American Psychological Association

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@dive-2-little.com). SJAER will send a card.

Take a copy of the YARN and use it to invite a friend to join SJAER.

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 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

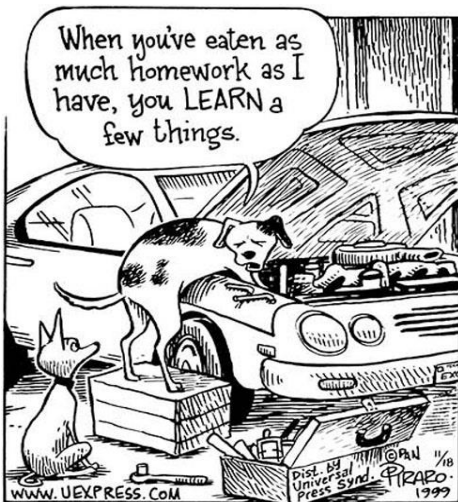
There are a surprising number of high school students living on their own or even homeless. A pantry has been set up to provide food, toiletries, and other basic needs for these students. Members are asked to support this project by bringing items to our meetings which will be given to the counselors 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. In Aztec, libraries are located at 107 N. Mesa Verde and between City Hall and the Splashpad. Books can be delivered at any of the libraries.

2024 – 2025 Meeting Programs

Marilyn Montoya and Karen Morrison are working on scheduling our programs for the entire year. The list of possible speakers include: Terri Fortner County Commissioner, Jack Fortner Attorney, Ron Price Humorist Roberta Rogers SJRMC Marketing, Margaret Cheasbro, author, George Sharpe Oil Industry, Megan Cullip travel Mexico/USA, Natalie Spruell Parks & Rec, Dana Reed San Juan Masonic Lodge Dyslexia Remediation Program, Martha Bradley San Juan County Realtors, Mike Easterling Reporter, Nancy Shepherd Project Graduation Coach, Someone from Cite Stewards (monitor archeological cites), SJC 3-D Lab, and someone from the Tri-City Record.



September 2024 Recruiting Picnic

New retirees were invited to a Recruiting Picnic on Thursday, Sept. 26. Attendance was light, but we did have several visitors and two joined our group. Thanks to everyone who took care of the set up and food. It was an enjoyable time for all.



EVENTS

Date	Day	Time	Event	Location	Cost
Ongoing	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
Oct. 10	Thursday	3:00pm-5:00pm	Smart Money Community Resource Fair - tips and tools for reviewing your financial status and learn about available resources. .	Farmington Library	Free
Oct. 11	Friday	6:30pm - 9:30pm	Astro Friday - From Earth to the Universe - Stargaze at 6:30 p.m., program, stargaze afterward at 8:30 p.m. (weather permitting)	SJC Planetarium	Free
Oct. 11	Friday	3:00pm-6:00pm	National Hispanic Heritage Month – celebrate with activities & dance from local Latin Clubs	Farmington Museum	Free
October	Saturdays	8:00am-12:00pm	Farmington Growers' Market - locally grown food and hand-made crafts	Farmington Museum	Free
Oct. 12	Saturday	8:00am-12:00pm	Tibbetts All Ability Park 2K Fun Run-Walk-Roll Fundraiser - vendor booths, and activities for kids – Costume Contest	Old Tibbett's Track 312 E. Apache	Adults \$25 Children \$15
Oct. 12	Saturday	10:00am-6:00pm	Aztec Museum Fall Market - antiques and collectibles, homemade items, etc. Free Admission to the Museum & Pioneer Village	Aztec Museum 125 N. Main	Free Admission
Oct. 12	Saturday	10:00am-6:00pm	Aztec Fall Festival & Car Show – 70+ vendors, Activities for all ages, food, drinks, beer, wine, eating contests, Corn Hole Tourney, & more!	Aztec Minium Park behind Safeway	Free Admission
Oct. 13	Sunday	3:0adults 0pm	San Juan Symphony Season 39 Radiant Echoes – Modern Classical Style For tickets visit https://sjcboxoffice.universitytickets.com/	Henderson Fine Arts	Call 505-566-3430
Oct. 15	Tuesday	6:00pm-7:00pm	Smart Money: Basin Health Companies: End of Life Planning	Farmington Library	Free
Oct. 15	Tuesday	11:00am-1:00pm	Women's Cancer Awareness Luncheon & Style Show - for Cathy Lincoln Cancer Fund	Farmington Civic Center	\$50
Oct. 17- Oct.20 Oct. 24- Oct. 27	Thursday Friday Saturday Sunday	7:30pm 7:30pm 7:30pm 2:00pm	Four Corners Musical Theatre Company presents Young Frankenstein – an electrifying adaptation of the hilarious Mel Brook's film	Farmington Civic Center	Students \$16 Seniors \$26 Military \$26 Adults \$28
Oct. 19	Saturday	9:00am – 3:00pm	B.P.O. Craft Fair – Vendors, Food and Bake Sale	Elks Lodge 801 Municipal	\$2 Entry or NP Food item
Oct. 19	Saturday	5:30pm & 7:00pm	Caliente's Cabaret – 70s & 80s themed variety show fundraiser – Costumes encouraged	Totah Theatre	\$20
Oct. 26	Saturday	8:00am-11:00am	Breakfast with the Sheriff – supporting Sheriff's Office Foundation Programs	Outback Steak House	\$10
Oct. 26	Saturday	9:00am-11:30am	Walk to End Alzheimer's – Teams raise funds & awareness for care, support & research.	Berg Park	Free Admission
Oct. 28 – Nov. 2	Monday thru Saturday	8:00am-4:30pm	Navajo Agricultural Products Industry (NAPI) is Customer Harvest Sale – Reduced prices	Reg.2 Store Ojo Amarillo	Free Admission
Nov. 2	Saturday	7:00pm	BYU Vocal Point and Noteworthy – Pop music male and female a cappella ensembles	Henderson Fine Arts	\$25

Visit <https://farmingtonnm.org/events> and aztecnm.com for more fun things to do!