

Next Chapter Notes

A Newsletter for those in
pre-retirement or retirement

Outstanding Performance Tips:

Show You're a 'Self-Directed' Employee



As you approach retirement, showcasing your experience and self-direction remains important. Your habits—anticipating needs, taking initiative, and solving problems independently—are highly valuable. To strengthen your professional image: 1) **Share your insights proactively:** Instead of waiting for instructions, offer ideas and options based on your extensive experience. 2) **Be proactive:** Recognize potential issues early and attempt solutions without prompting, demonstrating your deep understanding. 3) **Communicate results:** When completing tasks, proactively share outcomes and achievements, highlighting your contributions. These practices reinforce your credibility and show your ongoing commitment. They can ensure that you continue to add value during this stage of your career and leave a lasting positive impression as a seasoned, self-directed professional.

Kick Off Summer with a Family Meeting



It's summer, and for families that means new routines, activities, and schedules. It's the perfect time for a family meeting. This powerful tool that can also become a tradition helps keep everyone connected and organized, while it models and strengthens family bonds. Other bonuses include teaching life skills like assertiveness, compromise, cooperation, and problem-solving. How to do it: Gather everyone in a comfortable space, review previous meeting issues, share successes, and set the meeting's goals. Encourage open, respectful discussion. Brainstorm solutions, agree on action steps, and talk about plans, ideas, trips, chores, transportation issues, and responsibilities. Conclude the meeting on a positive note. This can include the family talking about three areas for which they are grateful,.

Prostate Cancer Prevention: Weight Management Tops Diet

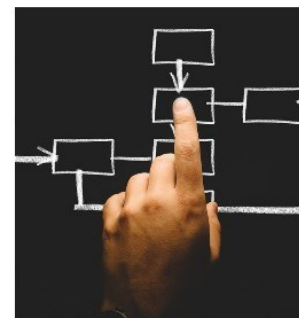
Dr. Nigel Brockton, vice president of research at the American Institute for Cancer Research, says, "The most modifiable risk factor for prostate cancer is obesity rather than diet or individual components of diet directly." It's true that research has found a higher risk of prostate cancer from foods that contain saturated fat and protective factors from many foods that contain lycopene, like tomatoes. But Brockton is saying food is not the most important. It's weight management and exercise. Is it easier for you to focus on getting more lycopene from tomatoes than getting 150–300 minutes of exercise weekly? Eat a healthy diet, but remember, salad won't replace the sweat when it comes to prevention of prostate cancer.



Source: Fortune magazine, May 22, 2025

Extreme Time Management that Works

Time is a perishable resource, so consider these two simple time management conventions to maximize your productivity: time blocking and time boxing. Time blocking schedules specific blocks of time for different work needing to be completed. The benefit, which is underappreciated, is relief from constantly thinking about the work that needs to be done and when it will happen. Time boxing assigns a specific amount of time to a given task; however, focus on the work begins and ends on time—precisely on time! The value of this convention is extreme focus, made possible by the sense of urgency imposed by the strict start-stop boundaries.



Learn more: hubstaff.com/blog/time-blocking-vs-time-boxing/

Working Well Under Pressure



Many jobs demand the ability to work well under pressure—but few offer training on how to do it. Most employees figure it out as they go, but that can lead to poor habits, chronic stress, burnout, or even resignation. If your job is high pressure, discover whether the following tips will help you finish the day with more energy and less stress. 1) “I got this!” Attitude is everything, even if it means faking it until you make it. By viewing work under pressure as something to command and not fear, you will feel more in control with a positive mindset and experience more resilience. 2) Set regular intervals to preempt fatigue by detaching from duties, even if it’s only for several minutes. Hydrate and move. For example, walking only a single flight of stairs will stimulate your body and refresh your ability to focus. 3) Focus on one task at a time. Avoid seeing what’s facing you as a single, overwhelming challenge. But if this feeling wells up, stop, take a breath, step back, and regain perspective. 4) Look for support. This includes health providers or a mental health consultants, who can help you manage stress. For example, venting your frustrations can offer relief and help you regain focus. 5) Use a pull strategy to lift mood—anticipate an exciting personal reward you can look toward when the work is completed. And don’t assume retirement is stress free. According to the Homes-Rehe Stress Scale retirement is ranked #10 in the list of most stressful life events.

You’re Probably Not a Workaholic



Ever been accused of being a workaholic? The label is often overapplied, particularly by friends and family, but you can assess whether your work habits are unhealthy. It’s worth reflecting on your work habits because self-awareness is the first step if you need to make a change to be happier. Consider motivation, choice, level of joy or excitement, and effects on your health. 1) The person who loves to work (work enthusiast) is motivated by passion and conscious choice, while the workaholic feels compelled and has a loss of control over work. 2) The work enthusiast can set boundaries on when and how much work they do, but the workaholic feels unable to control when and how much. 3) The work enthusiast feels joy and fulfillment, while the workaholic is not joyful about work and feels there is no choice but to continue. 4) The work enthusiast has healthy relationships, whereas the workaholic neglects relationships. 5) The work enthusiast doesn’t suffer when not working, but the workaholic experiences anxiety when they can’t work, along with adverse effects on their relationships and health. If you spotted signs of unhealthy work habits, take the next step. Consider a deeper assessment, set limits, and prioritize your well-being. Still unsure about your work style? Talk to a professional counselor for additional support.

Learn more: medicalnewstoday.com/articles/workaholic

Strength Training Matters as You Age



Don’t overlook strength training as you age. It’s as important as aerobic exercise—especially for preventing injuries. In fact, research shows that maintaining muscle mass can improve balance, boost metabolism, and enhance overall mobility as you get older. As you age, muscles lose mass and strength. This makes muscles weaker and more prone to injury, even from everyday activities like carrying heavy objects, bending over, standing for a long period of time, moving heavy furniture, and even pulling a cord to raise a blind. With muscle atrophy, injuries may happen even with good technique. Regular strength training, however, helps counteract this decline. Strength training can also support bone density, reduce the risk of falls, and help manage chronic conditions such as arthritis or diabetes. If you’re new to strength training or have health concerns, talk to your doctor before starting. With strength training, you are more likely to enjoy a healthier and more active future.

Learn more about symptoms: www.ptsd.va.gov/understand/what/ptsd_basics.asp

Next Chapter by the Numbers: Hydration



Older adults aged 60 and above are at higher risk for heat-related illnesses, especially those on medications like diuretics, antihypertensives, and antidepressants. Such medications impair the body’s ability to regulate temperature and stay hydrated. As we head into the summer months, this can become critical to your wellbeing. The CDC reports around 600 heat-related deaths annually in the U.S., with seniors accounting for 72%. Studies show that older patients on diuretics have a 40% increased risk of heat illness, and during the 2021 heatwave, hospitalization rates for heat exhaustion in medicated seniors rose by 25%. Dehydration is a major concern, as aging reduces thirst sensation by 50%. Health experts recommend staying indoors during peak heat hours, drinking plenty of fluids, and consulting healthcare providers for medication adjustments. As climate change leads to more extreme heat events, targeted awareness and preventive measures are essential to protect vulnerable older populations from heat-related risks. Be sure to talk with your medical provider about your medications, outdoor activities and how to manage your hydration needs based on your health conditions.

www.cdc.gov/disasters/extremeheat/warning.html

