



January 21 1 p.m. ZOOM

How Has COVID 19 Changed Our Experience of Retirement?

For our January General Meeting, ARRUF members will share their own experiences during these past nine months and discuss predictions from a *Wall Street Journal Report*.

How did the pandemic change the pace of life and what new skills were learned in order to adapt to the challenges? *The Wall Street Journal* report by Anne Tergesen forecasts several pivotal developments. We will talk about how we've used these inflection points to reimagine our potential together.

The virus has enhanced the feeling "that life is short, which is ordinarily something we are aware of occasionally, but this is a collective moment of reckoning that the clock is ticking," notes Ellen Goodman, co-founder of the nonprofit Conversation Project. What action has this prompted for you?

Without the crisis, the speed and magnitude of reskilling to leverage talent would never have been implemented so quickly. Best Buy, which had spent months testing curbside pickup, rolled it out to every store in two days. We have discovered the safety advantages and ease of Peapod, Instacart, Favor and HEB Curbside.

The achievements have come from people working faster and harder, leading us to a more refined personal perspective. How has your planning become more precise?

As we compare our skill set at the beginning and end of a year, many of us have learned new technical skills. We've grown comfortable with Zoom. Some of us have used the time at home to learn a new language or a new skill like woodworking. Some created beauty in container gardens, well-organized photo albums or shared afternoons completing brain-boosting puzzles.

"Often what is most healing is ... to not be alone with it, being able to talk to other people, being able to congregate, to feel supported," says Katherine Evering-Rowe, who runs the COVID Grief Network in Philadelphia.

"Think about what you did this year to increase your expertise and learning in your position and industry," says Jessica Hernandez, in the WSJ article. "Whether you were able to practice leadership or master a new process, you should be able to point out how you've improved," she says. What does this look like in your life?