

# Retiree Times

1st Quarter 2022



## PRESIDENT'S MESSAGE

Well, December has come and gone without another SDG&E Alumni Holiday Luncheon. I want all of our members to understand just how difficult that decision was.....we certainly didn't want to expose our members unintentionally to this virus that has changed our lives since March, 2020. Now we are living with yet another variant and although it appears to be less severe to the fully vaccinated, there are still some who are experiencing severe disease. We will continue to follow the CDC guidelines on gathering and will keep you informed of progress on planning events. For now, our Annual luncheon is scheduled for 12/6/22 at the Scottish Rite Event Center.

We are also looking at other events during the summer. Perhaps we will have a picnic; maybe a Day at the Races; or some other outdoor event. Just watch upcoming issues of Retiree Times or check Facebook or our website for announcements.

In the meantime, wear your mask, try to keep 6 feet apart when you can, and if you are feeling sick, stay home. Wishing you a safe and healthy 2022!

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For current information on activities, events and notices check the SDGE Alumni web site <http://sdgealumniassoc.org> or Facebook SDG&E Alumni Association page <https://www.facebook.com/groups/408831429206094/>

Your President,

Samm McDonald



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## HAPPY 2022!

### *A new year, new ideas and renewed energy*

January is usually a time when folks take stock of what they would like to do in the new year. Some people make resolutions, others set goals and some just know they may want to make some changes to their lives. By February things settle in a bit and a few modifications are made to the early plans. What will you do in 2022?

In this edition maybe you will find some inspiration or new ideas for things you might want to do in 2022!



## MAKE 2022 A GREEN NEW YEAR: 30 EASY AND EFFECTIVE NEW YEAR'S RESOLUTION IDEAS

The need to be “more green” is not new, and we have heard many ways to make small changes that will contribute our part to helping the planet. This article breaks the 30 ideas into four sections; a green new year at home, a green new year on the go, a green new year in the yard, and a green new year for you. Maybe just select one section to start with, or maybe one idea from each of the four sections... little steps can reap great rewards! For the details in each section go to:

<https://greenthatlif.com/green-new-year>

### **A green new year at home**

- Get a home energy audit
- DIY energy saving projects
- Go meatless on Mondays (and more!)
- Minimize the food waste: Eat your leftovers
- Try air-drying clothes
- Ditch the disposables
- Reuse, repair, repurpose instead of buying new
- Recycle, but recycle right

### ***30 resolutions, continued***

#### **A green new year on the go**

- Leave the car at home
- Make longer trips sustainable
- If you're driving, make it an electric vehicle
- Don't idle, turn off your car engine
- Bring your own bag and other reusables
- Bring your own lunch
- Buy bulk
- Buy local
- Buy used
- Use a green dry clean

#### **A green new year in the yard**

- Transform your yard into a healthy yard
- Go native (with your plants)
- Install a rain barrel or rain garden
- Get the dirt on composting
- Say no thanks to leaf blowers
- Be-leaf in yourself: leaf mulch

#### **A green new year for you!**

- Reduce your carbon footprint
- Make a (regular) date with nature
- Learn something new (and green)
- Join a cause
- Start something new

There are numerous books on Amazon that help with decluttering. This one caught my eye.

[2022: A year to declutter long before you downsize: A decluttering journal and log for seniors or mid-lifers who would like their home to feel more spacious: Remarkable Companions: 9798778154117: Amazon.com: Books](#)



**From the Editor:** My apologies for not producing a 4th quarter 2021 newsletter. As with most of 2021, not all things were expected, nor under our control. For me personally, the same was particularly true of the second half of 2021. Aside from nothing really new to report (how many times can we try to figure out how to deal with the impacts of the pandemic?), uncertainty of our holiday luncheon and unexpected health issues, I was not able to create a newsletter during that time. I look forward to 2022 with anticipation of new things to share with all of you!

## 9 PRACTICAL TIPS FOR DECLUTTERING IN RETIREMENT

Your senior and retirement years are often a time when you want or need to declutter and/or downsize. And whether you are downsizing, moving or just want to live more simply, these tips will help you do it!

### Many reasons to declutter in your senior years

There can be many different reasons why you need or want to declutter as a senior.

Sometimes the reasons for downsizing and/or decluttering can be more challenging. Or for reasons you may not always feel positive about.

Like when you need to move and downsize quickly and are faced with sorting through a lifetime worth of possessions. Or if a health crisis means a move must happen. Or if your health is failing and the process of decluttering simply feels overwhelming and daunting.

### Why declutter as a senior?

But other times decluttering and/or downsizing in your senior years is a positive choice you can make.

As you enter this new stage of life you have a chance to live lighter and be less burdened by “stuff”. You also have a chance to take control over your belongings and do what you intend with them.

### Make life easier at home

You may choose to declutter to simplify your life and free up both time, space, energy and money to focus on your retirement goals.

Perhaps you want a lower-maintenance lifestyle with a home that’s easier, less time-consuming and safer for you to maintain and live in.

Spending less time taking care of your home, yard and “stuff” means you’ll have more time and energy to enjoy your retirement years.

### Decluttering to be proactive

A clutter-free home is important to reduce tripping and fall hazards as well. Allowing your home to be safe and accessible if you’re planning to stay in your home as long as possible.

You might want to be proactive and declutter well before a move is required or a health crisis happens and you no longer have the time, health or energy to declutter the way you want.

### Retain control over your decluttering decisions

Another really great reason to declutter as a senior is so you can make your own decisions about your belongings and what you want to do with them.

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## Save the Date! 2022 Holiday Luncheon Update

The holiday luncheon will be held on December 6<sup>th</sup> at the Scottish Rite Temple.

More details to come later this year!



**Reminder: If you change your email address, please send us your new one so we can stay in touch!**

**Go to:**

<https://www.sdgealumniassoc.org/update-e-mail-address>

## 9 DECLUTTERING TIPS, continued

You can take action now to ensure you won't leave your family with the burden of clearing out your home. Or guessing at what you might have wanted to do with certain things. Or guessing if certain items were particularly special to you, while others weren't.

You can take the opportunity to talk to your family about things you would like to pass on to them. Or even pass those things on right now if you'd like.

And even more important, ensure the things you are saving for your family are things they will actually want! Allowing you time to re-evaluate if you want to continue saving items at all.

### **#1 give yourself plenty of time**

The first decluttering tip for seniors is to give yourself plenty of time, if possible.

There are circumstances, such as a sudden illness or required move, that don't give you a lot of time to prepare. But if you have the choice, start decluttering as early as possible.

If possible, start decluttering well before you ever plan on moving or downsizing.

Not only will this give you plenty of time to declutter without worrying about being rushed or trying to declutter while dealing with health issues. But it will also mean if an unexpected change in your plans or health does arise, you will be prepared and not scrambling to declutter and get rid of things.

### **Declutter a little bit at a time**

Giving yourself plenty of time to declutter allows you to pace yourself. To do a little bit of decluttering at a time without wearing yourself out. It also gives you time to make thoughtful and intentional decluttering decisions you will feel good about. Decluttering can be physically, mentally and emotionally taxing. Planning to tackle the work a little bit at a time, maybe for 20 minutes a day or one day a week makes it less exhausting so you can avoid burning out.

Remember, it likely took years to accumulate what is currently filling your home. So don't expect to sort through it all and declutter what you no longer need in just a few days. Instead, go slow, pace yourself and be patient as you work on decluttering.

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## 9 DECLUTTERING TIPS, continued

### **Give yourself time to reminisce**

Another benefit of giving yourself plenty of time to declutter is you have the opportunity to reminisce as you sort through things.

Take time as you declutter to look through things you've saved and reflect on the memories. Enjoy the process of sorting through your belongings.

Taking this time to remember is a great way to process and eventually get to a place where you feel ready to let go.

Taking pictures of things before letting them go can help hold onto special memories without keeping the physical item itself.

Write down or share stories and memories with your loved ones as you sort through things and reminisce. The history and significance of the life you lived will be a wonderful keepsake and treasure to share with your family.

### **Give yourself a decluttering schedule**

Decluttering is something that's easy to put off if you don't have a plan for when you'll do the work. Knowing you're giving yourself plenty of time, set a schedule to follow to get the work done.

Decide what and where you'll work on decluttering, and when you'll do it, to know you'll be able to follow through and get the work done.

### **#2 ask for help if you need it**

If you know you have a lot of work ahead of you to declutter and are feeling overwhelmed, or just know you won't be able to do it on your own, don't be afraid to ask for help!

You might have a family member or friend who is willing and able to help you declutter. If not, there are professionals available you can hire to help you through the process.

Another great resource to take advantage of is organizations that will pick up donations and things you are decluttering right from your home. You can often leave items for donation on the porch for pickup. Or schedule the organization to haul items directly out of your home.

It's always worth contacting local organizations in your area to discuss the options for porch or in-home pick-up.

### **#3 make practical decisions first**

As you're decluttering, and especially if you're downsizing or moving, start by dealing with the practical decluttering decisions first. Practical decluttering decisions are often easier to make compared to the more emotional

decluttering decisions for your sentimental items.

Build up your decluttering confidence and momentum by making these easier, practical decisions first.

If you're moving, know exactly what you'll need and have room for in your new space. Get the dimensions, the number of rooms, etc. so you know exactly what will fit and be needed and what you won't have room for.

For example, if you're moving from a 5 bedroom home to a 2 bedroom condo, you know you will only need bedroom furniture for 2 bedrooms. Keep your favorite furniture to furnish those 2 bedrooms and get rid of the remaining pieces. Do the same thing with bed linens. Keep what you'll need for 2 beds and get rid of the rest.

Remember to be realistic, especially if you're moving to a smaller space. It will likely be a big lifestyle change you'll need to adapt to. But make it easier by first focusing on the practical, logical and realistic needs and space of your new home.

Continued on next page

## COOK'S CORNER

Introducing a new feature... recipes from the Employee cookbook (and retirees).

### Cereal Cookies – Mike Lavach

- 1 cup sugar
- 1 cup Karo syrup
- 4 tablespoons margarine
- 6 cups Special K cereal
- 1 package chocolate chip morsels
- 1 package butterscotch morsels
- ½ cup peanut butter

Heat the sugar, Karo syrup and margarine over medium heat. When melted together, beat in the peanut butter. Pour mixture over Special K cereal and mix well with a fork. Press into a 9" x 13" oblong pan. Melt chocolate and butterscotch chips. Spread over Special K mixture. Let cool. Cut into squares. Share with grandkids!



Have a recipe you want to share? Send it to [Nancy.woods4202@att.net](mailto:Nancy.woods4202@att.net)

## 9 DECLUTTERING TIPS, continued

### #4 start in an easier space

This is a great tip for anyone decluttering, not just seniors!

Starting in your most difficult space to declutter often leads to frustration, difficulties, burn out and giving up altogether!

Instead, start decluttering in an easier space. Ideally somewhere more utilitarian where you can make more logical, less emotional decisions.

Starting with easier decluttering projects lets you build up your confidence and momentum. The more you declutter the easier it gets and the better you get at decluttering.

Places like the bathroom, the kitchen pantry, a coat closet, under the kitchen sink, your cleaning cupboard, etc. are all great places to start decluttering in.

### #5 tackle one space at a time

Decluttering an entire house can feel overwhelming. Instead of thinking about decluttering your entire home, break it down into smaller, more manageable spaces.

Focus on one room or space at a time. Complete that space before moving on to the next to help you stay focused and make consistent progress. For example, break your home down into spaces – bathroom, bedroom 1, 2 & 3, living room, kitchen, garage, storage room, etc.

Then break each of those spaces down even further into little steps you can work on one at a time. In the kitchen, for example, break it down into each cupboard, drawer or shelf you need to declutter. Then tackle it one task at a time.

### #6 recognize lifestyle changes

Another important aspect to take into account when decluttering as a senior is that you've likely had some lifestyle changes in your retirement years.

For example, you may no longer have children living at home. Changing the needs and functions of certain spaces in your home.

Or you may have retired and no longer need work clothes, uniforms, etc. Giving you the opportunity to simplify your wardrobe.

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## 9 DECLUTTERING TIPS, continued

There may be activities or sports you used to do or be involved in when you were younger that you no longer do. Giving you the opportunity to get rid of those supplies or equipment.

Make sure the things you are keeping in your home reflect your current lifestyle, needs, wants and preferences. Not those of previous lifestyles or seasons of life.

### #7 recognize changing trends

Another important thing to take into account when you're decluttering as a senior is the changing trends and lifestyles of the younger generation.

What was important for you to have in your home, may no longer be something the younger generation uses or values.

For example, having a beautiful set of china dishes might have been important to you. But recent explorations have found china dishes are something many younger people are no longer interested in or value. In fact, it can even be hard to give a set of china away sometimes!

The same thing goes for furniture styles, clothing styles, etc. Trends, styles and preferences are always changing. Learning to accept this can make letting go of things easier when you're decluttering.

### #8 make decisions and sort items

As you're decluttering, make a decision and a plan for each item.

It can be helpful to have bags or boxes for each of the following categories to add things to as you declutter: keep, toss, sell, donate/give away & give to family.

As you're sorting through and making decisions and/or a plan for each item, it's also a great time to make detailed notes about anything you're keeping but would like to go to a certain person after you're gone.

Having a detailed list will make it easier for your family to feel confident knowing they are fulfilling your wishes. And you can feel good knowing it will be easy for things to go to the person or organization you intend them to go to.

### #9 trust your gut

As you're decluttering and making decluttering decisions, trust your gut about whether to keep or get rid of something.

Usually, you'll have an initial reaction telling you whether you want or need to keep something or not. Listen to that reaction instead of letting yourself talk yourself into keeping things or thinking up reasons why you might, maybe, someday, might possibly need something.

A good example of this is boxes in the corner of your attic or garage you haven't opened or needed in years. If you haven't used or needed it for years, you likely don't need it.

It's ok to sort through the stuff and reminisce. Just keep reminding yourself that if it were truly special or important, it likely would not have sat untouched and gathering dust for years until now!

## YOUR TOP 10 OBJECTS YOUR KIDS DON'T WANT

1. Books
2. Paper Ephemera (photos, letters, greeting cards, etc.)
3. China dish sets
4. Steamer Trunks, Sewing Machines and Film Projectors
5. Porcelain Figurine Collections and Bradford Exchange "Cabinet" Plates
6. Silver plated objects
7. Heavy, dark antique furniture
8. Persian Rugs
9. Linens
10. Sterling silver flatware and crystal wine services

## 8 HEALTHY NEW YEAR'S RESOLUTIONS FOR OLDER ADULTS

Here are eight ways you can help yourself feel good and age well:

1. Eat more nutrient-dense foods. You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains, advises the National Institutes of Health (NIH).
2. Do a variety of physical activities. Older adults can benefit from doing four types of activity regularly. These include aerobic exercise, such as walking or swimming, for endurance; and activities to strengthen muscles, improve balance and increase flexibility, says NIH. Doing yoga, for example, combines balance, flexibility and strengthening.
3. Think positively. Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties, according to Dalhousie University.
4. Stimulate your mind. Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.
5. Help other people. Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally and socially active. It also may help you live longer, reports Mayo Clinic.
6. Stay connected and make new friends. Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability, reports Statistics Canada.
7. Engage in the arts. Participating in the arts through music, painting, writing, dance or theatre can stimulate people in unique ways that bring cognitive and mood benefits, according to McMaster University.
8. Share a good laugh. Humor, or a smile, can make you feel good even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain and lowers stress, says Harvard Health.

Coming  
up . . .



## SDG&E ALUMNI TRANSITIONS

### Listing of Retirees and Deceased since 2<sup>nd</sup> quarter edition of the Retiree Times

A complete list of retirees and deceased members can be found on the SDG&E alumni website:

[Retired and Deceased Alumni | SDGE-Alumni-Assoc \(sdgealumniassoc.org\)](https://www.sdgealumniassoc.org)

#### Retirees

Jorge DaSilva	Feb 2022
C Larry Davis	Jun 2021
Priciliano Garcia	Feb 2022
Eugene Kim	Sep 2021
Ron Larsen	Mar 2022
JC Martin	Nov 2021
Cindy L Moya	Dec 2021
Jeff Naputi	Jan 2022
H Yadira Ortiz	Jun 2021
Diantha "Dee" Randazzo	Nov 2021
Ray Robeson	Jul 2022
Laura Sallwasser	Apr 2022
Dana Santana	Jun 2021
Roberta M Stokes	Sep 2021
Diana Vann	Jul 2021
Tim Vonder	Oct 2021

#### Deceased

Randal G "Ron" Barlow	05 Nov 2021
Bruce Andrew Clancy	30 Oct 2021
Thomas Paul Crutcher	20 Aug 2021
Donald E Day	09 Oct 2021
Gary M Denison	20 Oct 2021
Martin R "Marty" Engler Jr	17 Jun 2021
Edward M Gabrielsen	18 Sep 2021
Cheri Grippo	07 Oct 2021
Ralph Ronald "Ron" Higgins	22 Aug 2021
Sherrie Hingtgen	05 Sep 2021
Patty E Kelly	23 Oct 2021
Robert L Lovelass	10 Jan 2022
Tim McGregor	30 Oct 2021
Johnny Lee McKinney	30 Jun 2021
Rose Michelson	09 Jan 2022
Georgina Chadrow Muir	19 Jul 2021
Troy Reynolds	25 Nov 2021
Muriel "Perry" Rogers	07 Sep 2021
Angelo A Scalise	11 Oct 2021
Gunther Schuh	02 Oct 2021
Joseph Frank Semerad III	04 Oct 2021
Jerre Smith	07 Aug 2021
Marilyn E Smith	25 Jul 2021
Margaret Mary "Margie" Watson	30 Sep 2021
Robert Wiczorek	23 Dec 2021
Terry Mac Winter	02 Aug 2021
Alan A Wood	11 Jan 2022
Dave Wysocki	11 Oct 2021