

YOUR HEALTH

MATTERS



LACERS Well Newsletter | Summer 2020

Five Essential Elements of Well-Being

Most people strive to live with a sense of ease and comfort. We purchase books and videos, or attend classes that will help us make more money, lose weight, or find a relationship. But, well-being isn't about being wealthy, a certain weight, or in a relationship. Often times we will achieve these goals, but still find that something is missing. *(continued inside)*

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well-being

(ˈ,wel ˈ,bɛɪŋ)

NOUN

wellbeing (noun)

the state of being comfortable, healthy, or happy

Physical Well-Being: Staying Safe During Covid-19

The coronavirus pandemic has dramatically and suddenly changed our lives. It has kept us from our “normal” activities of working, socializing, and performing everyday activities. As retirees, the pandemic has significantly restricted social activities of older adults who are at a higher risk of serious complications from COVID-19 with stay-at-home orders and social distancing. However, there are a few ways you can practice physical well-being while observing social distancing guidelines.

If the weather is pleasant and it’s possible to avoid crowds, taking a walk around your neighborhood can provide sufficient exercise to reduce restlessness and deliver mood and immune boosting benefits.

If you don’t feel motivated to exercise at home on your own, you can join a virtual class hosted by an area exercise studio or senior center. All of LACERS medical plans, except the Kaiser Permanente HMO (non-Medicare) plan, have access to fitness programs. Kaiser Permanente Senior Advantage offers



Silver&Fit, whereas the remaining plans (Anthem Blue Cross, UnitedHealthcare, and SCAN Health Plan) offer SilverSneakers. Aside from free access to participating gyms, these programs offer resources and virtual classes to help keep you active at home.

To access SilverSneakers or Silver&Fit virtual classes, please visit the links on our website at www.lacers.org/silversneakers-and-silverfit.

Do you have some other ideas on how to stay physically fit while staying at home? Complete the online Passport to Health form at www.lacers.org/passport-program and in the field labeled “Events Attended,” let us know your ideas, and earn Passport points!



Financial Well-Being: LACERS Resources



The media reports endless stories about wealthy people who are otherwise miserable. Obviously, money is valuable because it buys the necessities of life, such as housing, food and clothing for people and their families. But, research has shown that beyond a certain point, money is not that important to our overall happiness.

What’s important is that you are able to manage your finances and make financial decisions that will allow you to meet your financial obligations and feel secure. To help you achieve this, LACERS Well held several Financial Wellness workshops conducted by expert speakers. To view previously recorded workshops designed to educate you about your finances and promote your financial well-being, visit the LACERS YouTube page by clicking on the YouTube icon in the bottom right hand side of the www.LACERS.org homepage.

Community Well-Being: Stories of Community

Community well-being isn't the first thing people think about when evaluating their overall well-being. But this element can actually be the differentiator between a good life and a great one. Community well-being is living in, creating or contributing to an area that is a good fit for your personality, family, interests, and other pursuits. This requires active involvement in community groups and organizations. Many people belong to groups that connect them to a wider network of friends or acquaintances. Participating in outreach programs to feed those in need or helping children promotes community well-being.

You can make a difference in your community by making donations to your local food bank or reading books to children in your yard (while wearing a mask and observing social distancing). Unless you make an effort to get involved in social groups, it is unlikely that your community well-being will grow. Many people claim to have a strong community, but they acknowledge that



they like to keep to themselves. Even for those who are not naturally sociable, just signing up for a virtual event or class, initiating contact with your friends via Zoom or interacting with your neighbors on the Nextdoor app can boost overall well-being and help you get in the recommended six hours of social activity! Thriving community well-being is about what we do to participate in and give back to our community.

CARRIER HIGHLIGHTS



Using LiveHealth Online, you can have a private and secure video visit with a board-certified doctor or licensed therapist on your smartphone, tablet or computer with a camera. It's an easy way to get the care you need at home or on the go.

When your own doctor isn't available, use LiveHealth Online 24/7 if you have pinkeye, a cold, the flu, a fever, allergies, a sinus infection or other common health conditions. A doctor can assess your condition, provide a treatment plan and even send a prescription to your pharmacy, if it's needed.

If you're feeling anxious or having trouble coping on your own, and need some support, you can sched-

ule a video visit with a therapist using LiveHealth Online. Make an appointment in four days or less at www.livehealthonline.com or on the phone at **(888) 548-3432** from 7 a.m. to 7 p.m., seven days a week. Evening and weekend appointments are available. Receive help for anxiety, depression, grief, panic attacks, and more.

HOW TO GET STARTED

Rather than waiting to sign up when you're not feeling well, register today so you're ready for a visit when you need one. To sign up, visit www.livehealthonline.com or download the free LiveHealth Online app to your mobile device.

LACERS Well Member Highlight

REGINA ADAMS



"It's surprising to me how quickly I settled into no longer being an employee and having my schedule and time totally mine."

What is your favorite part of retirement?

I believe that because I took advantage of so many opportunities during my working life that it made it easier for me to blissfully settle into my retirement and feel contentment. Along the way, of course, I had a personal life, which included raising children and enjoying grandchildren. I can't believe that I've now been a grandmother for 21 years already!

How would you define a meaningful life?

I worked in various high level and stressful positions for many years and thrived on it. I am an energetic person and don't like to be bored, so I seek challenging opportunities. This led me to continue to push myself in my career and the City of Los Angeles is an employer that provides you opportunities to try many things. As for the remainder of my lifetime, I will seek opportunities to assist children, fellow seniors, and young adults. I hope that my lasting impact to the world will be that I helped make someone's day, or even a moment, joyful. I love to laugh and I intend to continue to do that for myself and others.

How would you describe your role as a retiree as it relates to your purpose in life?

Along the way, you also reflect on your life's purpose and I've come to realize that this is such an individual answer. For a while, I thought I should embrace a retirement stereotype such as excessive traveling, etc. but I realized that my "normal" includes moderate travel and when I do travel, I'm all in. I love to try zip lining, extreme rollercoasters and tandem skydiving when I do travel. I can't sit still and read on vacation. I go to a location and run, run, run and then I'm out! There is no such thing as normal folks!

What are quotes or mottos that you draw inspiration from?

I've taken pride in doing the best I could as a City of Los Angeles employee, as I took it seriously that our work is to provide the best service to those residents. And I try very hard to treat people like I want to be treated (Do unto others). In order to enjoy life, you have to have certain beliefs that guide you and influence how you present to the world. A couple of my mottos include: (1) Do unto others; and, (2) Trying starts you off at a 50% chance, while not trying starts you at zero. I'll take that 50% please!

What was your job as an employee of the City of Los Angeles and how many years did you work for the City?

I enjoyed an amazing 35-year City of Los Angeles career working in eight City departments in numerous positions and classifications. I began as a Clerk Typist at the Los Angeles City Employees' Retirement System (LACERS) and retired as an Executive Officer (between an Assistant General Manager and General Manager) at the Department of Recreation and Parks.

What year did you retire?

I retired in 2015 and have been enjoying every moment of it. It's surprising to me how quickly I settled into no longer being an employee and having my schedule and time totally mine.

Five Essential Elements Of Well-Being

(continued from cover)

At times, well-being might seem like it's unobtainable. But, research shows that you can obtain it when your life is comprised of five basic elements:

1. Purpose in life (engage in activities that support your passions);
2. Social engagement or connection with others (isolation can negatively impact your health);
3. Security of your finances (it's not how much you have, but how you manage what you do have);
4. Quality of your health (your health impacts your attitude, motivation, finances, and ability to pursue interests); and

5. Contributions you make to your communities (giving to others has been shown to improve one's happiness).

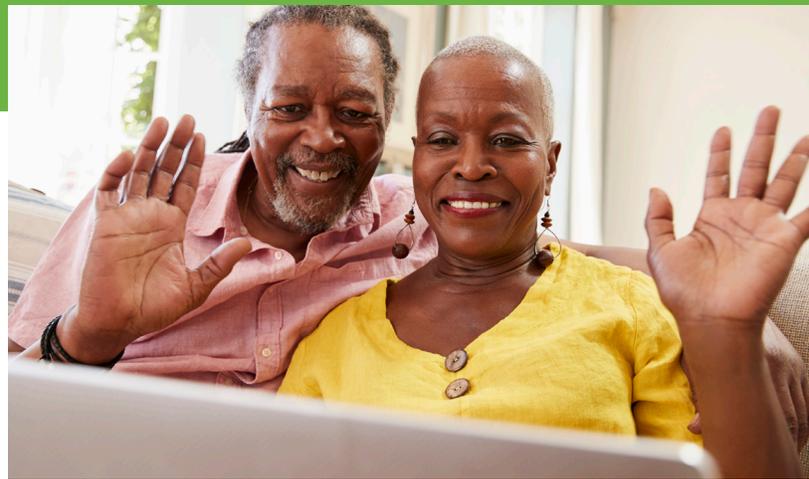
You might have experienced these elements in your life, but they don't always occur at the same time or maybe they exist in only a limited capacity. However, for the most part, these elements are within our control and we have the ability to enhance them to improve our sense of well-being. The biggest obstacle to advancing our own individual well-being is ourselves.

Source: Well-being: The Five Essential Elements by Tom Rath and Jim Harter

Social Well-Being: Connecting With Others During COVID

When you reflect on the most memorable events, experiences, and moments in your life, you'll notice that they have something in common: the presence of another person. The best moments and the most agonizing ones occur at the intersection between two people. Yet, we often underestimate the impact of our closest relationships and social connections. Research suggests that to have a thriving day, we need six (6) hours of social time. When we get at least six hours of daily social time, it increases our well-being and minimizes stress and worry.

Just so you don't think that six hours of social time is unattainable in one day, it's important to note that it includes time working/volunteering, at home, on the telephone, talking to friends, sending emails and other communication, such as social media and video chats. During the coronavirus pandemic, the use of video technology, such as Zoom, Skype, or FaceTime, has become the most popular



platforms to connect with colleagues, family and friends. To help you meet your six hours of social activity if you aren't familiar with video chatting, you can view a Zoom tutorial or written instructions by placing the key words "senior planet zoom" in a Google search. For more personal assistance, you may contact Mom's Computer, a company that LACERS hired to provide tech support to our Members at **(800) 281-0692** or via email at help@momscomputer.com. There is no charge to the Member for this service.



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Your Keys to Well-Being & More!

Volunteer Opportunities



BECOME A CHAMPION!

We are looking for individuals to join our awesome Champion team to plan, facilitate, and report upon fun activities that support physical and emotional well-being for our retirees, and become eligible for incentives and rewards. To apply or to find out more, log on to the lacers.org website at www.lacers.org/webform/become-lacers-well-champion and complete the online form to learn more about becoming a LACERS Well Champion.

JOIN OUR PHONE BANK!

Due to the COVID-19 pandemic, we are concerned that some LACERS Members may feel isolated and need assistance, but don't know where to turn. We are calling LACERS Members to check in with them and, if needed, inform them about available resources and most importantly, to hear from a friendly voice to bring them comfort and reassurance. Those participating have found this effort very rewarding. Send an email to LACERSWell@lacers.org to learn more.

