

PRECINCT 4 TIMES

A PRECINCT 4 PUBLICATION FOR
RESIDENTS 50 YEARS AND OLDER

R. Jack Cagle
Harris County Commissioner



Summer/Fall 2015

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- Register for STEAR
- Keeping cool in summer
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Precinct 4 retiree Carol Mann takes the leap of a lifetime.

PARACHUTING

INTO A SECOND CAREER

The chance to explore life-long interests and passions is giving today's retiree the opportunity of a lifetime.

Leaping into retirement can feel like a free fall into the unknown. While some volunteer, an increasing number of people are discovering the joys of a second career. The financial benefits not only soften the landing, but the chance to explore life-long interests and passions is giving today's retiree the opportunity of a lifetime.

According to the AARP, an estimated 9 million Americans ages 44 to 70 have taken on second careers, and 31 million more are interested in exploring the possibilities. A survey from the MetLife Foundation and

Encore.org says that within the next 10 years, 25 percent of baby boomers hope to start a business or nonprofit and half of those people want to make a difference in the world while earning money.

Pure financial need is definitely a factor for some. With the American life expectancy at 78.8 years, working a few more years and delaying Social Security until age 70 means more money for retirement and fewer years depleting savings. But retirement is also an opportunity to leave behind the demands of one job to pursue

See [SECOND CAREER](#), page 4

GET THE HELP YOU NEED

Don't wait until an emergency strikes to let the Harris County Office of Emergency Management know you may need assistance. Sign up with the State of Texas Emergency Assistance Registry (STEAR) program. For those who have registered in the past, it's important that you re-register every year.

The free registry provides local emergency planners and emergency responders with information on the needs of the community. "The STEAR registry tells us who we need to help get out of harm's way during an emergency event," says Francisco Sanchez,

public information officer for the Office of Homeland Security & Emergency Management.

WHO SHOULD REGISTER?

If you have any of the following limitations, make sure to register:

- A disability
- Access and/or functional needs, including:
 - Limited mobility
 - A communication barrier
 - Medical assistance during an emergency event
 - Transportation assistance
 - Personal care assistance

"Many of the people in the STEAR registry have no trouble with day-to-day living, but would need assistance during an

emergency event. For example, my mother does her own shopping and drives herself to the store, but would have trouble with a long drive to Dallas or Austin during an evacuation," Sanchez says. And emergency events aren't just hurricanes. An event may be a local forest fire, hazardous materials incident, flooding, or law enforcement situation.

STEAR provides local emergency planners and emergency responders with information on the needs of the community.

Signing up for the STEAR program is easy and takes just minutes. Register online at STEAR.dps.texas.gov, by dialing 211, or using your video telephone relay option of choice to contact 211 at 877-541-7905 (Texas Information Referral Network). While those in nursing and assisted living care are already registered through the facility, those in an independent living facility need to register themselves. Registration is voluntary and information is kept completely confidential.

"The STEAR program is a partnership with the community and is key to planning for emergency events. If ever the day comes, make sure you have the help you need by registering (or re-registering) with STEAR today!" Sanchez concludes.

KEEPING COOL IN SUMMER

Do summer temps feel hotter than normal? It may not be just Mother Nature. Adults over 65 years are more prone to heat stress and do not adjust as well to sudden changes in temperature.

According to the Centers for Disease Control and Prevention (CDC), a chronic medical condition can change the body's normal response to heat, and some prescription medications can impair the body's ability to regulate temperature or inhibit perspiration.

To reduce your risk of heat-related illness, make sure to practice the following:

- **Drink up.** Drink more fluids in the summer, and don't wait until you're thirsty. Note: Check with your doctor if your fluid intake is limited.
- **'Tea, no sugar.'** Avoid alcohol or sugary drinks.
- **Cool it.** Stay indoors in the AC, especially during the hottest parts of the day, and take a cool shower or bath.
- **Keep it loose.** Wear lightweight, light-colored, and loose-fitting clothing.
- **Early birds get the worm...** and those who garden early stay cooler. When the temperature heats up for the day, head indoors.

NEW **DANCE** CLASSES

Kick up your heels at Precinct 4's newest program location, the Tomball Community Center. In a partnership with the city of Tomball, Precinct 4 now offers Zumba, country line dancing, and other dance classes for Precinct 4 residents free of charge!

Taught by certified instructor, Alexa Arndt, Zumba features dance movements inspired by various styles of Latin American dance. Dance classes taught by certified instructors from Cut a Rug Dance Studio include line dancing, country western, ballroom, and swing dance. Classes are for all ages and abilities.

The partnership between the city of Tomball and Precinct 4 is the seventh satellite location in Precinct 4. These partnerships allow Precinct 4 to extend its reach beyond its regularly scheduled programs at Big Stone Lodge at Dennis Johnston Park, Mangum-Howell Community Center, Jesse

H. Jones Park & Nature Center, and Mercer Botanic Gardens.

The decision to add dance classes at Tomball Community Center was obvious, according to Jan Sexton, director of Precinct 4's community centers and Senior Adult Program. "The largest-attended classes offered at Mangum-Howell and Big Stone Lodge are Zumba classes." Both centers offer Zumba several mornings each week, and Mangum-Howell offers Zumba in the evenings.

At Tomball Community Center, Zumba is offered every **Monday and Thursday from 6:30 to 7:30 p.m.** Line Dancing and More is offered on **Tuesdays from 6:30 to 7:30 p.m.** Since class sizes are limited, Sexton encourages residents to call 281-255-6221 to reserve a spot. "Dancing is a great way to get active and meet new friends," she says. "Three days a week, you can dance your heart out in Tomball—for free!"



A Zumba dance class at the Tomball Community Center.

NEWS OF THE WORLD



Have you ever considered spending your "golden years" with a 20-year-old roommate? Seniors at the Humanitas retirement home in Deventer, The Netherlands, are doing just that. Six university students have moved into the retirement home occupied by 160 senior residents. The students don't pay rent. Instead, they spend at least 30 hours a month doing what staff cannot always do—hang out with residents.

That might mean a trip to the shopping mall, a game of chess, preparing meals, passing on computer skills, or just stopping in for a chat. The idea came about when budget cuts by the Dutch government made it increasingly difficult for seniors to get a subsidized room, leaving some retirement homes with more rooms than they could fill.

The living arrangement doesn't just benefit students. "Now I can send emails, go on the Internet, look up videos, and go on Facebook," says 85-year-old resident Anton Groot Koerkamp.

"Not only do I not pay rent, but I also like working with the elderly," says Denise, a student resident at Humanitas.

Photo by Mike Baxter

Cont'd. from **SECOND CAREER**, cover page

a career with less stress and more flexibility in a field you've always wanted to explore.

PURSUING A LIFE-LONG PASSION

For Teri MacArthur, a second career wasn't even on her radar. Although she knew her first career in printing was winding down due to changes in the industry, she hadn't expected to shift careers. "Right after I turned 50, I started volunteering in environmental education. I became a certified Texas Master Naturalist in 2001 and volunteered with a land trust, local governmental groups, and environmental projects. I've been studying nature on my own for most of my life. It was something I loved."

In 2010, MacArthur was asked to join the Nature Center for Montgomery County, and in 2013, she joined Precinct 4's Jesse H. Jones Park & Nature Center as a horticultural coordinator. Today, MacArthur spends her days following her passion—working in nature and educating others on the importance of conservation. "This is so different than my first career—far less stressful."

Although she still works a 40-hour week, MacArthur says it doesn't feel like work. "I'm contributing and making a difference in how youth view nature, the outdoors, and environmental issues. It's incredibly fulfilling."

ATTRACTIVE HIRES

While older adults may not always be as tech-savvy as their younger counterparts, employers



Photo by Kaci Woodrome

As horticultural coordinator at Jones Park, MacArthur helps maintain the park's gardens and works with science teachers to create and implement environmental science activities for student groups.

are finding that experienced workers make attractive hires. They come to the table focused on the job at hand, have a strong work ethic and good leadership and communications skills, and make excellent mentors for training younger workers. Also, since the length of time a worker remains with the same employer increases with age, they tend to be more loyal and satisfied with their jobs.

According to a survey by the Pew Research Center's Social & Demographic Trends project, 54 percent of workers older than 65 are still employed because they want to be—not because they need the money. Further, the survey notes that 54 percent of workers 65 and older say they are "completely satisfied" with their jobs, compared with just 29 percent of workers ages 16 to 64.

For those looking to explore a second career, the AARP Foundation suggests seeking work in fields with rapid job growth, such as nursing, customer service, retail sales, truck driving, and home health care. Also, consider going back to school in a field you're interested in or start your own business.

In the search for a second career, MacArthur suggests volunteering in an area that interests you. "Look at what your hobbies are. Examine what you like to spend time doing and see what it would take to gain new skills. Volunteering not only provides an opportunity to give back to the community, but helps you hone your skills," she says. "A second career can be wonderfully fulfilling when you're doing something you love. I plan to continue working for as long as I can."

Calendar: At a Glance

*A ticketed event or reservations required.

BIG STONE LODGE AT DENNIS JOHNSTON PARK

For more information, call 281-350-1029.

Popcorn and a Movie. **Wednesdays, June 3, July 1, Aug. 5, Sept. 2, Oct. 7, Nov. 4, and Dec. 2, 1 p.m.** Enjoy a free movie and popcorn.



Bingo. **Thursdays, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, and Dec. 10, 1 p.m.**

USO Swing Luncheon. **Fri., June 19, 11 a.m.** Suggested donation: \$8. Purchase tickets by Wed., June 17. *

Sweet Soiree Ice Cream Social. **Tue., July 7, 11 a.m.** Suggested donation: \$5. Purchase tickets by Thu., July 2. *

Knock it Out of the Park Luncheon. **Fri., July 17, 11 a.m.** Suggested donation: \$8. Purchase tickets by Wed., July 15. *

Bridge Tournaments. **Fridays, July 24 and Nov. 6, 9:30 a.m.-3:30 p.m.** Recreational bridge players can register in teams. *

Olé Olé Mexican Fiesta Luncheon. **Fri., Aug. 21, 11 a.m.** Suggested donation: \$8. Purchase tickets by Wed., Aug. 19. *

Homecoming Hurrah Luncheon. **Fri., Sept. 18, 11 a.m.** Suggested donation: \$8. Purchase tickets by Wed., Sept. 16. *

MANGUM-HOWELL CENTER

For more information, call 281-591-7830.

Bingo. **Thursdays, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, and Dec. 17, 1 p.m.**

Lazy Days of Summer Luncheon. **Tue., July 14, noon.** Tickets: \$8. Purchase tickets by Fri., July 10. *

Bridge Tournaments. **Thursdays, Aug. 6 and Oct. 1, 10 a.m.** *

'50s Sock Hop. **Fri., Aug. 28, 1 p.m.** Enjoy a costume contest and dancing.

Catfish and Shrimp Buffet. **Tue., Sept. 8, noon.**

Tickets: \$13. Purchase tickets by Fri., Sept. 4. *

Fall Festival FUNdraiser. **Fri., Sept. 25, 10 a.m.-1 p.m.** Take part in lunch, a raffle, and silent and dessert auctions.

Jazzy Jack o'Lantern Luncheon. **Tue., Oct. 13, noon.** Tickets: \$8. Purchase tickets by Fri., Oct. 9. *

Thankful Hearts Thanksgiving Luncheon. **Tue., Nov. 17, noon.** Tickets: \$8. Purchase tickets by Fri., Nov. 13. *



AROUND PRECINCT 4

For more information, call 281-893-3726.

LUNCHEONS:

Get Acquainted Luncheon. **Mon., June 22, 11:30 a.m.** St. Stephen's United Methodist Church.

Dog Days of Summer Luncheon. **Thu., Aug. 6, 11:30 a.m.** Lone Star - University Park.

Hawaiian Luncheon. **Mon., Aug., 24, 11:30 a.m.** St. Stephen's United Methodist Church.

Beat the Heat Luncheon. **Tue., Aug. 25, 11:30 a.m.** Jersey Village Baptist Church. *

Catfish on Wheels Luncheon. **Fri., Sept. 4, 11:30 a.m.** Greenwood Forest Residence Club. *

Chili When It's Chilly Luncheon. **Tue., Oct. 13, 11:30 a.m.** Jersey Village Baptist Church. *

Gobble 'til You Wobble Luncheon. **Thu., Nov. 5, 11:30 a.m.** Lone Star - University Park. *

I Can 'Bearly' Wait for Christmas Luncheon. **Fri., Dec. 4, 11:30 a.m.** Greenwood Forest Residence Club. *

All Wrapped Up Luncheon. **Tue., Dec. 8, 11:30 a.m.** Jersey Village Baptist Church. *



DANCES:

Summer Dance. **Wed., July 22, 1-4 p.m.** Features the River Road Boys. Humble Civic Center.

Harvest Moon Costume Dance. **Wed., Oct. 28, 1-4 p.m.** Features the River Road Boys. Humble Civic Center.

OTHER:

Bridge Tournaments. **Wednesdays, June 10 and Sept. 16, 9:45 a.m.** Humble Civic Center. *

BJ Thomas. **Sat., June 20, 7 p.m.** Crighton Theatre. *

Shrek The Musical. **July 17, 8 p.m.** Crighton Theatre. *

14th Annual Precinct 4 Opry in Humble Fundraiser. **Fri., Aug. 14, 7-10 p.m.** Humble Civic Center. *

The Lettermen. **Aug. 29, 7 p.m.** Crighton Theatre. *

Sunday Afternoon in the Park. **Sun., Oct. 18, noon-4 p.m.** Rain date: Sun., Oct. 25. Burroughs Park.

Veteran's Dinner and Concert. **Wed., Nov. 11, 6 p.m.** Features the Houston Tidelanders. Humble Civic Center. *

Breakfast with Santa. **Dec. 5, 10 p.m.** Klein ISD Multipurpose Center. *

Visit www.hcp4.net
to find out about all the
events happening in
Precinct 4!

Harris County Precinct 4
R. Jack Cagle, Commissioner
1731 Hugh Road
Houston, Texas 77067

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OPRY IN HUMBLE FUNDRAISER

Come out and enjoy Michael Hix,
the Hometown Opry Band, and others.

Friday, August 14 from 7 to 10 p.m.

PRECINCT 4 TIMES


Thanks to Fun4Seniors!



Fun4Seniors supports Precinct 4's Senior Adult Program, which provides opportunities that enhance the lives of Precinct 4's senior adults. If you would like to give to Fun4Seniors, visit www.hcp4.net/senioradult/fun4seniors or call 281-893-3726.

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