

Retiree Corner:

I'm Retired – When Do I Get a Day Off?

By Jack Terwiel

Military Retiree Assistance Office

There was a humorous quote to that effect included in the September issue of *Still Serving in Korea*, the retiree newsletter. Well, if you want a day off from feeling old, find an amusement park and climb on the roller coaster, which should get the juices flowing.

If, on the other hand, you want to get a day off from being retired, the solution is to get involved. Find a way to do something other than the same old stuff of sitting around with other retirees or sitting in front of a TV somewhere. You'll find retirees taking 'days off' from being retired and getting involved with activities at the Chapel, at the Hospital, at the Schools, with MWR and numerous other places.

I've got the best 'day off' schedule going. With the Retiree Activities Office, newsletter, web site, weekly *Morning Calm* column and the personal services provided to retirees, their families and survivors, I get 5, 6, occasionally 7 'days off' in a week.

"How can I start," you might ask. First decide what you're interested in doing. That's the most important part of taking a 'day off.' Pick an activity that you think you'd like to do, something from which you might get a lot of satisfaction and that serves the community. If you want to get an idea of what's available, head to the nearest military installation. If it's Army, find the Army Community Services. If it's Air Force, find the Airmen & Family Readiness Center. If it's Navy, find the Fleet & Family Support Center. Check out what's on their list of volunteer opportunities to serve the community. You might also check with Morale, Welfare and Recreation.

So, why not give yourself a 'day off' from being retired? Or go find a roller coaster.