

# The **PACRA Pacer**

## **CHRISTIE BUNDY**, Taos, New Mexico



Upon my husband Steve's retirement in 2012 we moved to the mountains of northern New Mexico, Taos to be exact, with dreams of becoming full-time artists. I'm here to tell you that yes, dreams do come true.

Taos has been an art center seemingly forever, started in 1915 by the Taos Society of Artists, but in reality much longer than that as the beautiful Taos Pueblo has been here at least 1000 years and is a registered World Heritage site (well worth a visit if you ever find yourself in Taos). The pueblo people really should get the credit for the magic that they brought to this area and the community they established. Spanish Conquistadors arrived in the late 1500's bringing their culture and establishing communities that still flourish today. We all greatly benefit from the diversity of this multicultural town, and hey, the food is exceptional.

Steve and I have been welcomed into this quirky and vibrant community and can hardly believe we had a life before retirement. Although I never got a degree from Palomar's world class art department, over the years I earned enough units. I credit my many classes under a number of talented

*See BUNDY page 3*

## **FROM YOUR PRESIDENT**



*Judy Cater*

Greetings on behalf of your PACRA Board! It's difficult to believe we have been in various sorts of lockdown for a year

now and we hope you are all staying safe, well and comfortable. Covid, quarantine and Zoom fatigue are real issues and many of us are missing regular visits with family and friends. Your Board decided, in keeping with the current guidelines, not to hold an in-person Annual Meeting in 2021 just as we did in 2020. However, now that so many of us are familiar with Zoom, we are pleased to announce a virtual annual meeting on Thursday, April 15. More details will be forthcoming, and we hope many of you outside the greater San Diego area will be able to join us. By 2022 we expect that enhanced vaccinations and greater herd immunity will allow an in-person meeting where "seeing" each other no longer needs quotation marks. Until then PACRA will continue to send regular email blasts to keep the membership informed about our scholarship or donation activities, issues related to benefits as well as articles spotlighting our members' retirement activities. ❤️

## Campus-Wide Benefits Committee Update

The campus-wide Benefits Committee meets once a month to discuss broad issues that affect benefits for both current employees and retirees. The PACRA retirees who are members on the committee are Steve Spear, Becky McCluskey, Judy Dolan and Jane Conway. Judy Cater, our PACRA President also attends. Some of us also attend monthly SISC meetings (our group that administers the Anthem Blue Cross Plan). The committee does not involve itself in individual cases.

If you have a specific problem with a claim, you should

contact the following entities in this order: Your provider, Medicare (if you have it), Anthem or Kaiser (whichever you have), and if you really get stuck the Human Resources Office at Palomar might help.

While some inconveniences remain, our benefits package continues to work at an acceptable level for most of us. There are some persistent problems that affect a few people that have yet to be resolved. The Medicare Part D reimbursement is a hassle and is not going to go away anytime soon.

The health care system, if that's what you want to call it, in the United States is a complex mess. You need to be



**Steve Spear, Vice-President, PACRA**

come a savvy health care consumer. Before any procedure from

simple diagnostic tests to complex surgeries be sure to ask if ALL providers involved are on contract with your insurance. You don't want to be surprised with a bill for which you are responsible. All of us should also have a family member or close friend who is familiar with the system and can speak on your behalf.



- Receive our emails by sending us your email address if you haven't already done so.
- Keep abreast of PACRA news and activities by logging on to our website at:  
<https://www2.palomar.edu/pages/pacra>
- Have a question? Email us at:  
[pacraboard@gmail.com](mailto:pacraboard@gmail.com)

## PACRA Mission Statement

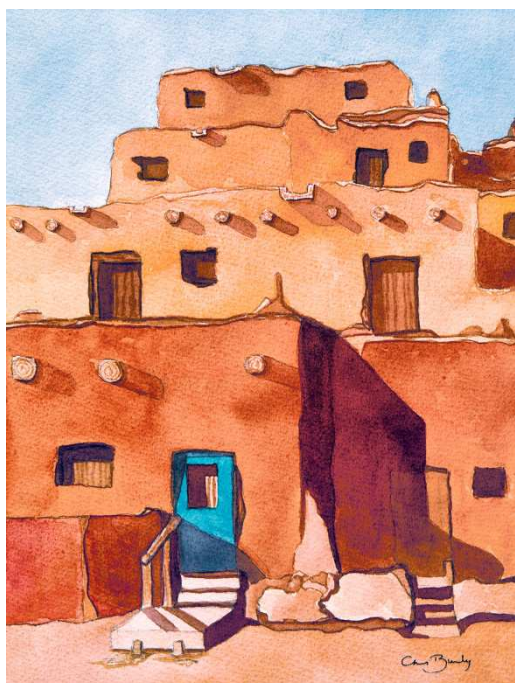
*The Palomar College Retirees' Association provides a forum for fellowship and community for Palomar retirees. PACRA, a unique organization, represents all college retirees. The mission of PACRA is to foster active communication between the retiree and the college; to monitor retiree benefits; to inform retirees of health and welfare issues; and, to administer the PACRA Scholarship;*

*BUNDY* from page 1

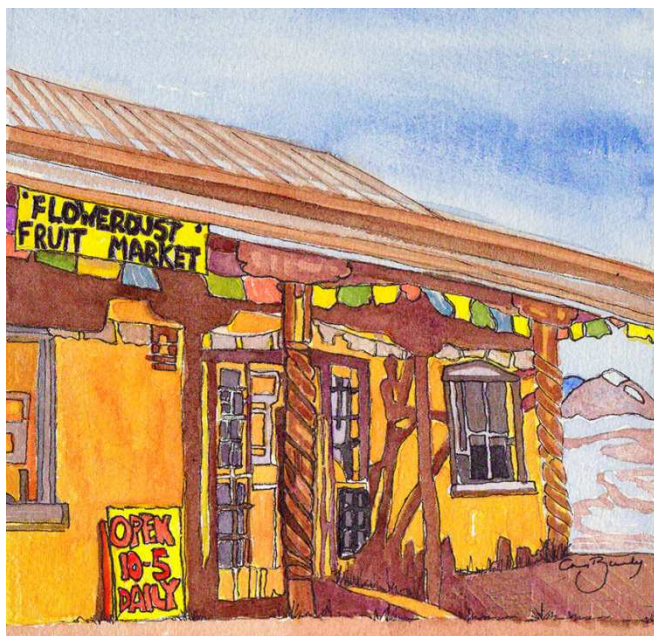
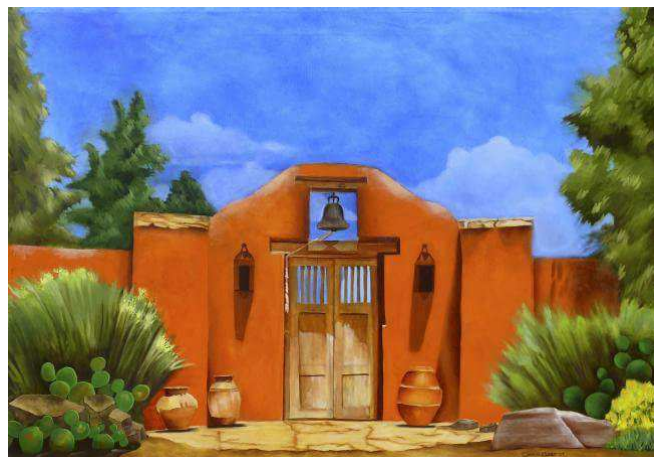
instructors like Doug Durrant and Harry Bliss as well as many others for starting me on my creative path, which has blossomed into success here on the high desert of New Mexico.

My working life at Palomar which included the opportunity to prepare for my future life as an artist was a blessing. When I was hired in the early 80's I never imagined that my day job would shape my life in so many unexpected ways or connect me with so many wonderful people who would become my lifelong friends. I wish you all the best, especially in these pandemic days, and thank you, Palomar College, the library and the art department for enhancing my life.

If you'd like to see my art, please visit my website: [chrisbundyart.com](http://chrisbundyart.com), or find me on Facebook as Christie Bundy or on Instagram @chrisbundyart  
And checkout Steve's photography on his website: [stevenbundy.com](http://stevenbundy.com) and [stevenbundy-phototours.com](http://stevenbundy-phototours.com)



Artwork by Christie





**M. Jane Conway,  
MSN, APRN, PHN**

Staying healthy as we age is important for all of us. Now that we have received our vaccines we are getting ready to spread our wings and enjoy our life again! More now than ever we understand the importance of maintaining a healthy body, mind/brain and spirit as keys to happiness and productivity. Excellent resources can provide us with the latest in academic information on Aging and also identify the actual sites and resources we can reach out to help us achieve our health goals and in turn maintain our independence. It is in this spirit that I share with you an ex-

cellent resource in San Diego that provides that information for us: [the UCSD Stein Institute for Research and Aging](#). The web site is very informative on the results of current academic research that affects older adults. You may sign up for their extremely informative monthly newsletter at the web page that emphasizes these most recent findings. Their Director is Dilip V. Jeste, M.D., professor of psychiatry and neurosciences, has also launched a new blog as part of the Psychology Today website where information on wisdom, resilience and staying strong in challenging times is presented. Who doesn't want to become stronger and wiser as we age? He further reviews the psychosocial factors involved that help us become stronger and wiser. I believe we all have learned with the Covid lockdown, how important it is to be out interacting in the world. Furthermore it is found that how we

experience the world shapes who we are and how we live with others in it.

The Center for Healthy Aging further shares how modern science can literally watch our minds grow and identify mental mechanisms involved. A free yearly conference is provided on Longevity and Genetics in Aging and is open to the community. Due to Covid this workshop is on hold, but I do look forward to the next conference where we can learn the best ways to stay strong, healthy and wise. Please visit the web site to learn more on how to manage your aging process.



Faculty, staff, students, community members, and retirees continue to find innovative ways to cope with our virtual world. The Performing Arts Department is especially creative in teaching diverse classes in an on-line environment. Their schedule includes free weekly Concert Hours many of you have enjoyed over the years. Some are free, some charge a modest fee and some require reservations. Complete information about their programs and calendar of events is available at: [www2.palomar.edu/pages/palomarperforms](http://www2.palomar.edu/pages/palomarperforms)