

Teamsters Local 25 Retiree Chapter

Retirees built this Union.

Join the Retiree Chapter and remain a part of the Teamsters brotherhood during retirement. It's a great way to stay in touch with co-workers and friends and to create new friendships.

When you retire, the Chapter will send you an application. To join, send back the completed application along with the annual dues. You'll be eligible to apply for a college scholarship for your children or grandchildren.

The Retiree Chapter conducts breakfast meetings on the 2nd Thursday of January, April and October. The meetings are held at the Irish American Club in Malden and include a full breakfast, as well as guest speakers who discuss timely topics.

For more information or any questions, please call the Teamsters Local 25 Retiree Chapter at 617-241-8825.



Your TeamstersCare Resources

TeamstersCare Employee Assistance Program – EAP – is dedicated to helping you through your journey to retirement. We offer 1 to 3 sessions of confidential counseling at no cost.

Meet EAP staff at any of the TeamstersCare locations:

16 Sever Street
Charlestown, MA 02129

4 Meeting House Road
Chelmsford, MA 01824

1214 Park Street
Stoughton, MA 02072

Call EAP at 1-800-851-8326

Website

www.teamsterscare.com



**Are you ready
for retirement?**

Retirement is an exciting time,

but have you thought about the emotional side of retirement? Now that you've completed planning for your benefits and finances, how do you feel?

Your "golden years" are a time to relax and enjoy life. It can be difficult to find activities or motivation to fill your free time.

Here are some ideas for retirement:

- Join the Teamsters Local 25 Retiree Chapter
- Spend time with family and friends
- Exercise and enjoy the great outdoors
- Volunteer in your local community

The TeamstersCare Employee Assistance Program (EAP) is here to help make your transition into retirement smooth and successful. We can help you with planning and assist you with issues that may come your way.

Life changes can be difficult. Losing routines and social interactions that come with an everyday job can cause an emotional strain. If you happen to hit a bump in the road in retirement, TeamstersCare EAP can steer you in the right direction.

R.A.F.T. or Referral and Follow-up Team is a program available to help members and retirees work through addiction to alcohol or drugs. R.A.F.T meets every Wednesday at 7:00 p.m. at the Union Hall in Charlestown and Saturday at 9:00 a.m. in the Stoughton TeamstersCare office. Saturday meetings are not held in the months of July or August.

Now that I've retired ... What's next?

- Take a vacation
- Take a class
- Visit your local Senior Center
- Finish that project
- Quit smoking
- Volunteer
- Join a gym
- Create a new routine
- Read a book
- Take up a hobby
- Learn to dance



Want to quit smoking?

HEALTH CHECK

Are you living a healthy retirement?

When was your last visit to the doctor? Now that you're retired, you may have more time to take care of yourself. See your Primary Care Physician to set up a preventative care plan which includes a healthy lifestyle.



CREATE HEALTHY HABITS

A healthy lifestyle can help extend your life.

- ✓ Think wellness - Create a routine of healthy habits.
- ✓ Exercise – Get outside. Take a walk. Go for a bike ride. Go for a hike.
- ✓ Control your weight – Go to Choosemyplate.gov for guidelines to manage and maintain a healthy weight.
- ✓ Socialize – Spend time with your family and friends, meet for lunch or dinner once a week.
- ✓ Manage your medications – know what medications you take and when you should take