A pilot course on "How to retire effectively" was begun at the Institute of Community and Family Psychiatry of the Hospital's Department of Psychiatry October 22nd. Sponsored jointly by the new Institute and the Golden Age Association, the series of ten free lectures will provide information on the emotional adjustments to retirement, the psychological aspects of aging, health, family relationships, relocation, budgeting, the use of insurance, estate planning, leisure time, and part-time employment.

The course is being given to twenty-four men and women who are about to retire or who have retired recently, and who were screened according to their retirement plans, family composition, health, finances, living arrangements, hobbies, etc., to get as wide a cross-section of viewpoints as possible.

"People retire at earlier and earlier ages so that retirement is becoming a bigger problem," said Dr. Harry Grauer, JGH psychiatrist and Chief of its Geriatric Program, who is overseeing the course. "While we hope to help the members of this group to retire as well as possible, we also hope to get a clearer idea from them as to what they need so we can help them better. Then if the project proves to be successful, and after we've acquired experience — perhaps next Spring — we plan to offer a course to personnel officers, doctors, and other relevant leaders in industry and unions so that they, in turn, can help their own employees prepare for retirement. We'll also make available to them the many books, films, and other material on the subject which are now being used in the United States and Britain."

Elaborating on the pilot retirement lectures, Dr. Grauer advised that most will deal with depression. "People don't plan beyond the gold watch or the trip," he said. "So after the retirement treat, newly retired persons suddenly feel rejected, useless, and without purpose in life. It would be better if, perhaps ten years before they retired, that retirement counsellors discussed their finances, hobbies, second careers, etc., with them, and then repeated the process five years later by giving them a short course like the one we're developing to get the ball rolling."

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awarded The Hirshberg Memorial Prize for general proficiency in obstetrical nursing, also to Miss Masha Cohen; and

Dr. W. R. Slatkoff, Executive Director, awarded The Ernestine Hirshberg Memorial Prize for general proficiency in the intermediate year to Miss Barbara Hannon.

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Ontario-born Miss Barrett first joined the JGH in 1945 to gain experience as an operating room nurse, became an Instructor at the School of Nursing in 1957, was promoted to Assistant Director in 1960, and following two years' educational leave at Case Western Reserve, Cleveland, Ohio, where she earned her M.S.N. Degree in 1968, was appointed Director of the School. In recent years, she has served the Association of Nurses of the Province of Quebec (ANPQ) as Co-Chairman of its School of Nursing Committee, a member of its Curriculum Committee, and as a Board Examiner for English-language Schools of Nursing in Quebec.