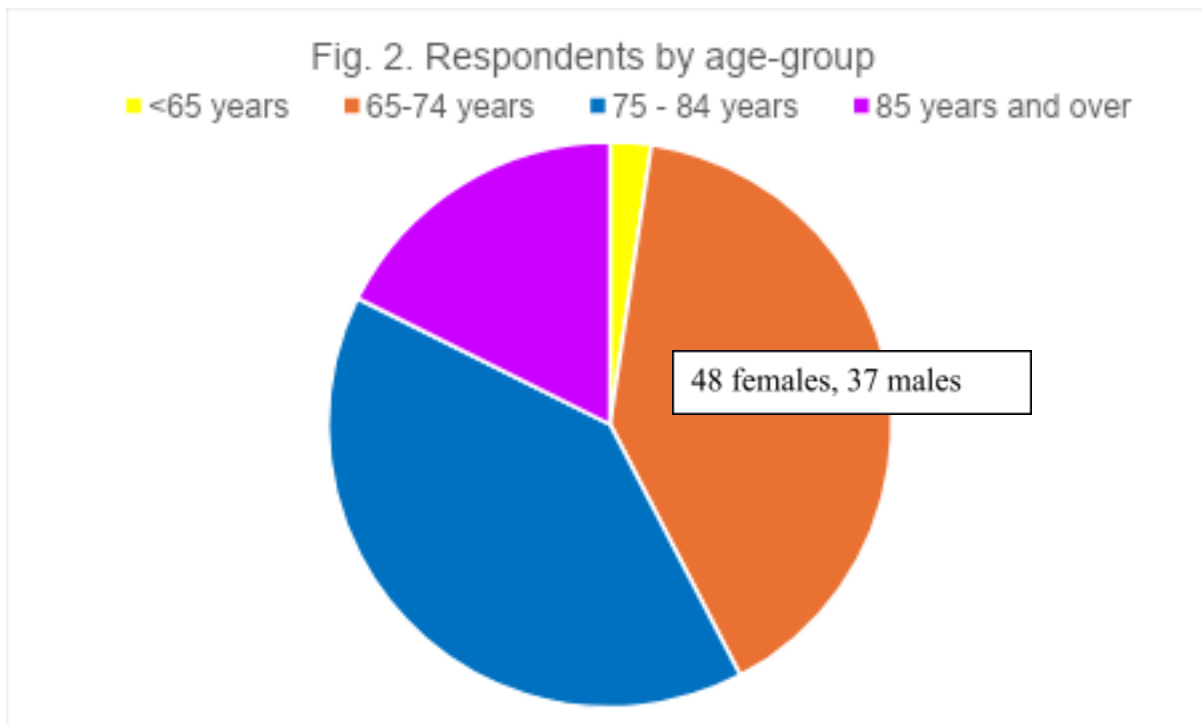
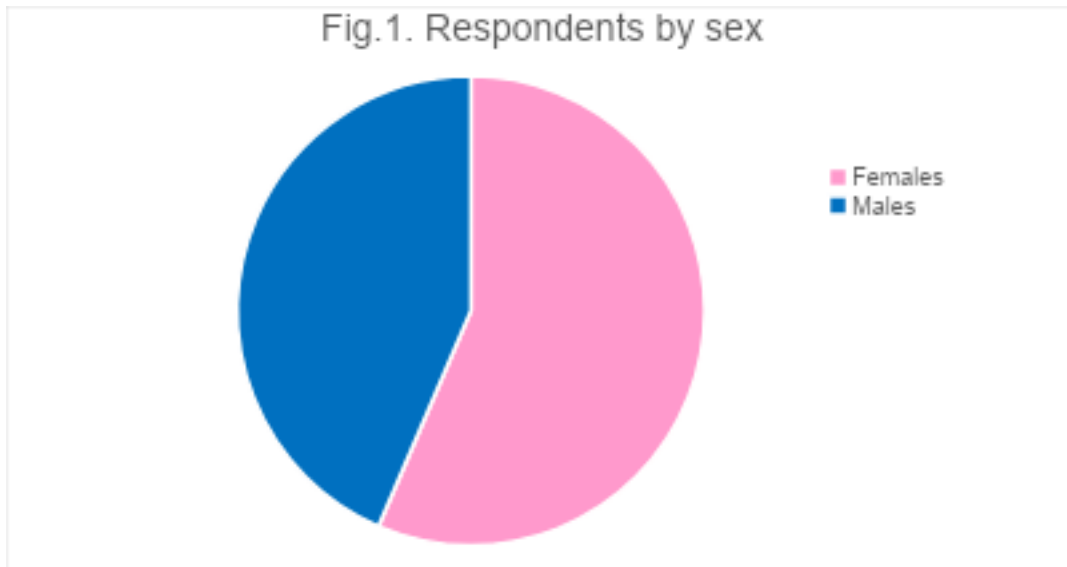


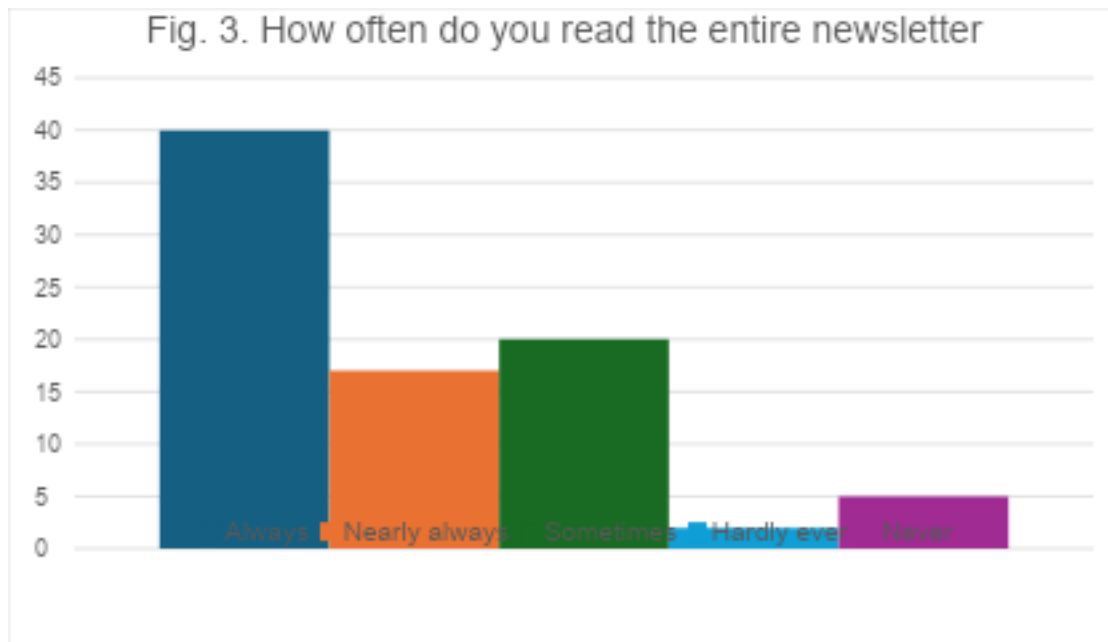
## REPORT OF PAHO/AFSM NEWSLETTER READER SURVEY

There were 85 responses – a participation rate of ???. More females than males responded (56.5% vs 43.5%), a gender distribution not dissimilar from that of the membership(?) (**Fig. 1**). So too was the age-distribution with most respondents in either the 65-74 or 75-84 year age-group (40% each) (**Fig. 2**)



### Interest in newsletter:

64% (54) of respondents were very interested in the newsletter, the remaining were somewhat interested. No one was not interested in the newsletter and this interest was reflected in the rating of the frequency with which the entire newsletter was read. Almost half (47%) of respondents always read the entire newsletter, with another 20% doing so nearly always (**Fig. 3.**).



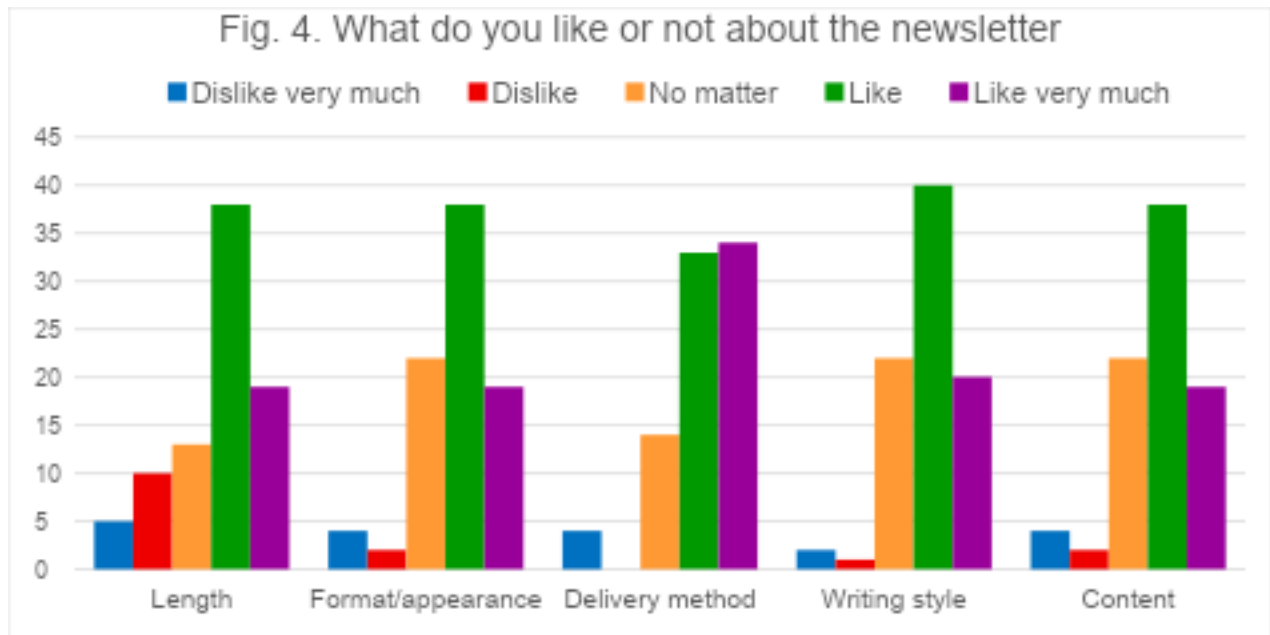
### Likes and dislikes about the newsletter

Overall, there was a favourable response to all aspects of the newsletter - its length, format, method of delivery, writing style and content (**Fig. 4**). However, the least favoured feature of the newsletter was its length with one in six respondents disliking it or disliking it very much. Three respondents specified that there were too many pages, that the articles were too long causing the reader to lose his/her attention. Some (5) respondents recommended shorter articles.

There was just one objection to the format/appearance (not stated what it was) but it was related to a suggestion to have a shorter article with links for a more extended one. However the few other comments received were to maintain the newsletter

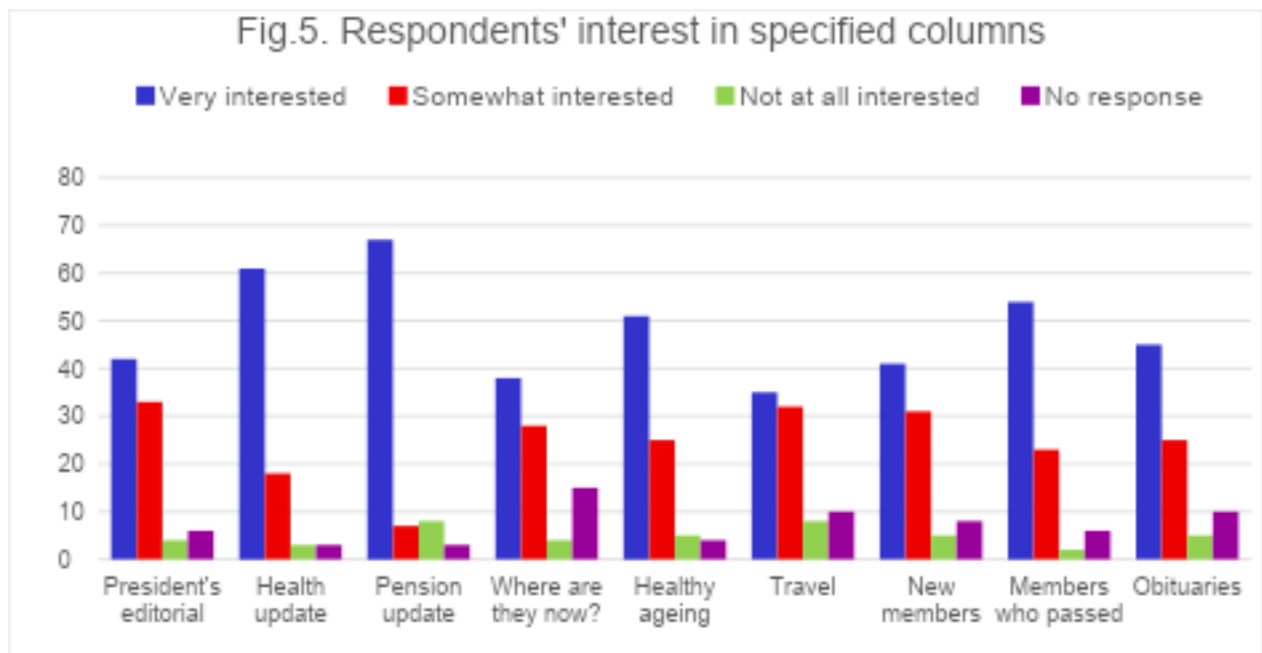
Few were unhappy with the method of delivery with email being the preferred means (79%), followed by hosting on the website (16%). Just three respondents preferred a printed version, one of whom stated that they were old-fashioned.

Re writing style, despite general approval of the writing style, there was one recommendation to use simpler language as the newsletter is not a scientific journal.



One respondent specified liking the travel tips while another liked the themes of the newsletter. One mourned the loss of the members' directory.

Respondents' interest in specific columns of the newsletter is illustrated in **Fig. 5**.



Pension and health updates were the columns that garnered the most interest while respondents seem to be least interested in “Where are they now?” and travel with 22% and 21% respectively not indicating interest. Other articles that respondents mentioned of interest were:

Dr. Sumedha Khanna’s article

Musings of an Ageing Woman

PAHO, WHO and AFSM situation globally

Experiences of colleagues, previously and as retirees

Stories, photographs, poems and artistic creations

### **What would you like to see included:**

There were repeated requests for stories and information on activities in different countries, and for some humour and/or quizzes, something light-hearted as well as a request for a members’ directory.

Other suggestions were specific to columns that already exist (pension, health insurance, ageing..., but may be broadened to include additional topics or more recent innovations. They are listed in the table beneath (**Table 1**).

### **Table 1. Inclusions for the Newsletter**

Update and innovations in the health field; article about the use of Artificial Intelligence

Update on PAHO and WHO events/achievements

Information about governing bodies decisions and staff association activities.

Perhaps some comedy - on ageing.

Paho/WHO situation

Updates on PAHO/WHO priorities/challenges

Articles on the pension fund monitor performance, risk, liabilities, compliance, and operations in real time, with clear governance and early warning mechanisms to protect long-term retirement obligations.

Technology trends in health linked to aging

Activities for seniors or groups

Health insurance updates

Contact information for pension and insurance issue at WHO, PAHO and UN  
information about alternative living conditions i.e. at home ,senior living communities

Funny stories of life

Current topics in public health or epidemiology updates

Finances and ageing

I previously commented in another survey that directories would be useful for knowing where members are located and how to contact them. This could be hosted on the website.

Contributions from various countries, including photos selected and submitted by members.

Articles on topics related to healthy aging, as well as news regarding pensions.

A summary analysis of decisions adopted by the governing bodies of PAHO and WHO.

Brief information regarding the AFSM within specific countries.

News updates on AFSM activities taking place in various countries.

As of now, these resources cover almost all topics of interest to a retiree.

There is a dedicated group of retirees available to assist other retirees with procedural questions, filling out forms, etc.

Scientific and technological advancements.

A comparative analysis of healthcare systems across Latin America.

Information on the activities currently being undertaken by retirees in their respective home countries.

### **Recommendations for a future newsletter**

Recommendations for a future newsletter are listed in **Table 2**. While there is some overlap with Table 1, and reiteration of a need for fewer pages, shorter articles etc , there is a recommendation for a Q&A segment and the PAHO organizational structure. Kudos to the Editorial Committee.

### **Table 2. Recommendations for a future newsletter**

Would like a members' directory available to readers

Short and concise articles; include a summary and link for the whole article

Shorter.

Open Q&A segment

Would like to see the present PAHO organizational departments

Fewer pages

Present team doing an excellent job.

Articles on the pension fund monitor performance, risk, liabilities, compliance, and operations in real time, with clear governance and early warning mechanisms to protect long-term retirement obligations.

Promote members contributions to newsletter

Shorter, graphics, photos, shorter articles.

I don't know if this is the appropriate place but is there some way you could have pictures of retired staff? I went to a luncheon recently and got updates on a lot of people but only by name. It would be nice to have some sort of yearbook along with an email to maintain contact.

Reduce number of articles about present health conditions & WHO/PAHO projects

My main recommendation is to shorten it. I rarely read it because its length is too daunting. At this point in my life, I receive newsletters and digital publications from various sources (neighborhood, alma maters, other organizations I belong to, etc.). The AFSM newsletter is by far and large the longest. Perhaps some articles can be saved for future issues (if not an essential timely issue). This would also help ensure you always have plenty of source material. And others can be shortened.

Another style for the appearance/format

It would be very good if there were information on a future continental meeting of the AFSM, somewhere in the Americas, as it has usually been held, but not lately.

Try to make it a bit shorter

To thank the contributors and editors for their time and efforts to prepare the newsletter

Please remember that this is not a scientific publication. I recommend using simple language, as well as setting a limit on article length.

More information on both leadership of WHO and PAHO relating to AFSM

May the same quality and warmth be maintained.

May it continue with its current frequency and quality.

A reference list of websites for consulting topics related to our condition—for example, healthy aging, and online courses from PAHO and WHO—along with brief reviews of award-winning books designed to encourage reading.

Keep the current frequency

Something playful—perhaps a genogram?

Include more photos.

Have them send it by mail—on paper. My apologies; I'm old school. Thanks!

New discoveries in medicine.

Update focal point names: one is missing for Mexico, as well as the committee.

