

UMRA U NEWSLETTER

A Communication of the University of Minnesota Retirees Association

OCTOBER 2016

Hear Kathleen O'Brien and Katherine Fennelly with stories to tell at October 25 program

The October luncheon speakers will be Kathleen O'Brien, vice president for University Services, retired; and Professor Emerita Katherine Fennelly, of the Hubert H. Humphrey School of Public Affairs. Both have received UMRA's Professional Development Grant for Retirees (PDGR) for work on their innovative projects, and they will share their new knowledge and perspectives.

Kathleen O'Brien has used her academic training and experience as a historian to interview more than 50 women who have served in 30 Minnesota cities as mayor or city council members between 1970 and 2000. The goal of these oral history interviews is to capture the contributions of women in our state's local government and to ensure they are preserved and included in Minnesota's history.



The Minnesota Historical Society has established an archival collection

to house this project, which includes the oral history interviews, printed transcripts, donated personal manuscripts, and campaign memorabilia. Among her objectives in this three-year project is encouraging women to report their own stories.

O'Brien served as vice president for University Services for 11 years and had responsibility for the non-academic operations of the University across the state. During her tenure she addressed many complex issues

including negotiating the alignment of the Central Corridor LRT through the Twin Cities campus and the construction of capital projects such as the BioSciences Discovery District, Bruininks Hall, and TCF Bank Stadium. Prior to her administrative positions at the University, she was elected to three terms on the Minneapolis City Council and served as chief administrator for Minneapolis for eight years.



Katherine Fennelly developed the first e-learning program for law enforcement personnel who work with immigrants, refugees, and asylum seekers. The program includes readings, videotaped inter-

views with immigrants and the professionals who serve them, quizzes, and links to additional resources. The modules cover laws, detention, deportation, attitudes, and current issues. In her PDGR-funded project, she adapted the e-course for other groups such as social workers and health care professionals, and she incorporated new interviews with personnel working with immigrants in New York State.

Fennelly will share insights into the immigrant experience and demonstrate the e-learning course. She is author of numerous publications on immigration policy. She currently lives in New York, where she works part time providing legal counseling

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UNIVERSITY OF MINNESOTA

OCTOBER
LUNCHEON MEETING

Tuesday, October 25, 2016
11:30 a.m. – 1:30 p.m.

Featured Speakers

Kathleen O'Brien and
Katherine Fennelly, Professional
Development Grant recipients
"Sampling of Projects"

Location

Conference Room ABC,
Campus Club, Fourth Floor,
Coffman Memorial Union

Menu

Wild Salmon with cranberry relish
and Rosemary Potatoes,
coffee and tea.
For vegetarian or gluten-free
options, please request when
making your reservations.

Reservations are required

Deadline: Thursday, October 20
Prepayment of **\$16** per person

To reserve your place(s), send
your check payable to UMRA to
UMRA Reservations,
c/o Judy Leahy Grimes,
1937 Palace Ave., St. Paul, MN
55105-1728

Or, contact her before the dead-
line at 651-698-4387; e-mail:
Jleahy4654@aol.com.

Please honor the reservation
deadline date; if cancellations are
necessary, please call by Oct. 20.

Parking

All University ramps with UMRA's
discount coupon — \$6 for the day.

Other ideas: Ride the LRT Green
Line; take the Campus Connector
bus from St. Paul.

UMRA NEWSLETTER

FROM THE PRESIDENT

Opportunities to influence

As we all well know, this year is an election year! Every newspaper, every television news program, and every coffee shop in America is talking about the election—and all that election attention is focused on one race, the race for President of the United States; however, there are many other electoral races in our state.

All 201 Minnesota House and Senate members and all eight U.S. Representatives to Congress are up for re-election. Even though these positions are not receiving much media attention, they are very important to the future of our country, our state, and our University.

It is this importance to our University of Minnesota that makes it ever so important that we pay close attention to the candidates for the U.S. House of Representatives and our own state legislature. On a national level these are the people who fund the research granting agencies, set the amount for student loans, and pass a number of policy issues that impact how research is done. On the state level these are the people who grant funds for new buildings and renovating existing buildings and provide about 18 percent of the University's budget.

Before you cast your vote for these offices, inquire how they will support higher education and specify how their support of higher education will impact the University of Minnesota. With each election many of these people win their seats by the narrowest of margins, so not only your vote but also your voice can make a difference. Many of these candidates will be door knocking and holding get-to-know-the-candidate events. This is a good time to voice your concerns and your priorities. Send their campaign a note about what issues are important to you. Having been a state-elected official many years ago, I know that legislators do pay attention to constituent contacts regarding specific issues.

So do let these candidates know your priorities, especially at this time when they are asking for your vote.

This is the first year that we in Minnesota can vote early without any excuse. I know I plan to vote early so that I will not need to stand in long lines on election day. If you too are interested in voting early, check with your city or county to confirm the location.

Donna Peterson, UMRA President

Pursue your scholarly interests with this UMRA grant application opportunity

You are invited to submit an application for a Professional Development Grant for Retirees (PDGR) to pursue your scholarly interests. The deadline for submitting an application for the 2017–2018 grant is December 15, 2016.

Grants of up to \$5,000 will be awarded. All U of M faculty, professional and administrative, and civil service staff from the Twin Cities and Coordinate Campuses of the University who will be fully retired by July 1, 2017, are eligible to apply. Guidelines for the application are available on the UMRA website: <https://umra.umn.edu>.

Eligible expenses include travel and per diem costs related to research trips and conference attendance, stipends for undergraduate and/or graduate research assistants, photocopying, the purchase of books, computer software, and other relevant costs of scholarship. Ineligible expenses include salary for the applicant and institutional overhead charges. UROP, the Undergraduate Research Opportunities Program, has agreed to fund the cost of undergraduate assistants who work with grantees. Details about the UROP opportunity are in the guidelines on the website.

Last year, awards were given to applicants from University Services, American Indian Studies, French and Italian Department, Art Department, Design, Housing and Apparel Department, Office of Equity and Diversity, Psychology Department, and American Studies Department on the Twin Cities Campus. On the Duluth Campus, applicants from the Biology Department and the Chemistry and Biochemistry Department received grants. And, a grant was awarded to an applicant in the Humanities Division at U of M-Morris.

Questions should be addressed to the chair of the UMRA Professional Development Grants for Retirees Committee, Janice Hogan, jhogan@umn.edu.

Katherine Fennelly—Continued from page 1

and Spanish-English interpretation at an immigrant legal services center in Westchester County. Before her work at the Humphrey Center, she was dean of the University of Minnesota Extension Service, a faculty member and department head at Pennsylvania State University, and a faculty member at Columbia University's School of Public Health. She continues to teach a University of Minnesota online course, PA5451 Immigration, Health & Public Policy, each fall and spring semester.

Workshop on October 25 focuses on University health plans for retirees

Those retirees who purchase supplemental health insurance from the University of Minnesota will surely want to attend the Health Benefits Workshop following the UMRA luncheon program on October 25.

A representative from the University of Minnesota Office of Human Resources will provide an overview of the benefits offered and describe comparisons between the different plans offered by the University for retirees. There will also be a representative from each of the health plans available to answer our specific questions.

All pre- and post-65 retirees should be receiving the Benefit Newsletters from the University of Minnesota in their postal mailboxes by October 14–18. The newsletter will include new rates and open enrollment periods.

This workshop will give us an opportunity to compare the benefits of each of the plans as well as clarify any concerns or questions that we have. Several years ago when Human Resources did a similar overview for UMRA members, the session was well attended and many of the attendees thought it was helpful in selecting plans based on their own personal situations.

The workshop begins at about 1:30 p.m. following the regular luncheon meeting program. Bring your friends. UMRA workshops are free and open to everyone.

Special archive collections toured in Sept.



At the September luncheon, attendees were treated to a whirlwind tour of the University Libraries' astounding variety of special collections in 14 distinct areas of scholarship. Kris Kiesling, director of Archives and Special Collections, showed images of books, manuscripts, maps, posters, and objects—from ancient cuneiform tablets to contemporary computer files. Then Curator Tim Johnson (above) assisted with a grand tour of University Archives and caverns, home of millions of books and papers, including those of many retired faculty and UMRA's own archives.

See all of the special collections and their resources, along with finding aids, at <https://www.lib.umn.edu/special>.

Welcome reception and orientation for new members, prior to luncheon on October 25

Recently received members of UMRA are invited to the Welcome New Members Reception in the Campus Club Lounge, from 10 to 11:15 a.m. on Tuesday, October 25. (You are considered a new member if you joined UMRA since November 1 of 2015.)

UMRA committee and board members will be on hand to meet and greet you. Get acquainted with other new members and find out about activities and groups sponsored by your organization. This event will take place just before the monthly UMRA luncheon so you can plan to attend both with one trip to campus. **Please RSVP to ander049@umn.edu** if you plan to join us for the Welcome Reception.

The UMRA Membership committee initiated this get-acquainted event four years ago. It was so well received that it has become an annual welcome session for those who join UMRA. We do hope you will attend.

More information will be forthcoming in an e-mail invitation directed to those who have joined within the past year.

— John Anderson, chair, UMRA Membership Committee

Annual report: financial summary *

Bank Balances	8/1/15	8/31/16
Old checking acct	11,018	208
New checking acct	0	8,699
Savings acct	11,042	16,749
Total	22,560	25,666

INCOME

Dues (includes \$1,000 for 2016 - 17)	12,921
Luncheon (INCLUDES \$2,000 pre-paid)	14,054
Contributions **	2,443
Bank Adjustments	25
TOTAL	\$29,443

EXPENSES ***

Luncheons (food, service, taxes)	15,072
Newsletter (editing, printing, mailing)	5,847
Membership (brochures, copying, mailing)	2,011
Insurance	788
Memorials	624
Administration (dues, conferences, etc.)	1,995

TOTAL EXP. 26,337

SURPLUS 3,106

* This report covers 13 months (8/1/15 – 8/31/16); FY changed this year to end 8/31.

** Does not include a contribution due of \$500.

*** Does not include outstanding checks of \$1,635.

Questions regarding this report may be directed to Treasurer Carl Adams, adams003@umn.edu.

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at luncheon meetings, and help introduce them to other members.

Lori Bonine, Compensation, civil service

7295 Bester Ave., Inver Grove Heights, MN 55076
bonin003@umn.edu

William Donohue, Office of General Counsel, P & A

2444 Beverly Road, St. Paul, MN 55104
651-644-9033; donohue@umn.edu

Lynda Ellis, Laboratory Medicine and Pathology, P & A

540 NE Rice Creek Blvd., Fridley, MN 55432
763-572-3753; lynda@umn.edu

Julie and Tom Farnsworth, Research Animal Resources,
civil service

2289 Priscilla St., St. Paul, MN 55108
651-644-9517; farns002@umn.edu

Jean Forster, Epidemiology & Community Health, faculty

1484 Chatsworth St. North, St. Paul, MN 55117
forst001@umn.edu

Shirley Kallevig, College of Continuing Education, civil
service

1115 Woodlake Ln #5, Richfield, MN 55425
612-866-2132; kalle002@umn.edu

Melanie Ounsworth and Shirley Shimota, U Libraries, civil
service

535 Lexington Pkwy S., Saint Paul, MN 55116
mounsworth@gmail.com

Emily Page and Oliver Steinberg, OIT, civil service

1503 Branston St., St. Paul, MN 55108
epage@umn.edu

Kathryn Sedo, Law, P & A

701 Parkview Ter., Minneapolis, MN 55416
763-377-1031; sedox001@umn.edu

Amy Sheldon, Communications Studies, faculty

1144 Xerxes Ave. S., Minneapolis, MN 55405
612-709-0443; amysheldon@gmail.com

Elaine Tarone and Grant Abbott, CARLA-GPS Alliance,
faculty

2163 Carter Ave., St. Paul, MN 55108
651-644-0052; etarone@umn.edu

Andy Van de Ven, Strategic Management and Entrepreneur-
ship, faculty

1765 Medina Road, Long Lake, MN 55356
763-475-0787; avandev@umn.edu

Member survey results aid leadership retreat discussions over the summer

Thanks to everyone who participated in the 2016 UMRA Member Survey this summer. The survey was designed by the planning committee for the August Board and Committee Chair Retreat. The information helped inform the discussion about UMRA's future. Thirty-five percent of our membership responded, and participants told us the following key points:

- More than two thirds of our members attend monthly luncheons; 42 percent attend 3 to 8 per year.
- For those who don't attend luncheons, the reason is often related to distance or access to campus.
- Those who do attend luncheons prefer that we meet on campus though not necessarily at the Campus Club.
- Members are open to a modest increase in cost for luncheons if needed.
- Luncheon speakers and workshop agendas received overall high marks.
- Some members request that a broader array of events and activities be offered by UMRA.
- Having served on committees or the board increased members' affinity to the organization.
- The majority of responders learned about UMRA at pre-retirement meetings or by word of mouth.
- Member discounts are valued, especially parking coupons, Campus Club, and Landscape Arboretum.
- Camaraderie and keeping up on U of M news were rated high as motives for membership.
- UMRA newsletter, e-mails, and website are valued for communication to membership.
- Some respondents urged more year-round programs and activities, as well as more presence outside the Twin Cities area.
- Members support continued exploration of how UMRA can best serve the University and vice versa.

The entire analysis of survey findings can be found in a PDF file on the UMRA website.

Who do you know who's retiring?

If one or more of your colleagues, friends, or neighbors has retired recently or is even thinking of retiring from the University, be sure to share the good news that membership in UMRA is waiting for them.

Membership recruitment brochures are available at the sign-in table at each luncheon program.

A buffet of fall volunteer projects

The University Retirees Volunteer Center's guiding principle is to provide a diversity of opportunities to meet the wide range of your interests. Here is a selection for the current season. Contact urvc@umn.edu for more information and your registration.

- Mock Trial Jury at Mitchell-Hamline School of Law: Friday, Dec. 2 from 8 a.m. to 3 p.m. Breakfast and lunch included. Request details of the trial case.
- Rarig Theater Ushering: *God's Ear* by Jenny Schwartz. The play explores the language of contemporary speech in the subject of a family's issues following the tragedy of a child's death. Performances are Dec. 3, 4, and 7 to 11. Usher for one or more dates.
- Monarch Butterfly assistance: Collect milkweed seeds for the Great River Greening. Start now at locations of your choice.
- Research Project Participants: (compensation provided)
 - » Hearing research needs participants with either normal hearing or with difficulties: "Timing/Rate Coding in the Hearing Impaired."
 - » Brain anti-oxidant research requiring an MRI exam.
- Fall yard leaf-raking to assist the elderly in Hennepin County. Organized by the Senior Community Services HOME Program. (Raking and bagging leaves for two hours will burn 520 calories.)
- Partners-In-English: Group conversation with international students – Afternoon groups on Wednesdays at St. Anthony Park Library and Saturdays at Dayton's Bluff Library (East 7th St., St. Paul).

Photo Club meets in new location this fall

The next Photo Club meeting will be at the Washburn Library, 5344 Lyndale Ave South in Minneapolis, 1– 3 p.m. on Friday, October 14. Dick Kain will continue his series on using the Lightroom program.

The UMRA Photo Club welcomes photographers of all abilities. Most of us are struggling amateurs who like to take pictures and want to get better. We benefit from the kind help we get from each other.

A number of Photo Club members gather before the meeting for lunch. Please contact Sheri Goldsmith at gold009@gmail.com for information about lunch or to be added to the Photo Club mailing list.

— Craig Swan, Photo Club co-chair

Care Guides are asking for your experiences in navigating health care issues

The volunteer UMRA Care Guides continue to be available for consultation on a health care emergency, especially involving long-term care. To speak to a Care Guide, call the Center on Aging, 612-624-1185.

The Care Guides service started January 2016, as a joint project of UMRA (led by the UMRA Cares Committee) and the University Center on Aging. Volunteers have been trained and are supervised by the Center on Aging. They have available the center's information resources to assist in consultations. All discussions are confidential.

Now the Care Guides want to discuss a new initiative in which they could assist UMRA members with health concerns not restricted to long-term care. They plan to meet in October with Professor Bob Kane, director of the Center on Aging, to plan for this new Care Guide role.

We are interested in your personal experiences (and troubles) in giving or receiving care for a health issue. These experiences frequently leave families with definite ideas about what could or should have been done to make life better or easier. Please share those frustrations and ideas to help our planning and to improve CareGuide services.

Send an e-mail to umracares@umn.edu or call Earl Nolting (651-633-4333). Information provided will be used in planning and held in confidence.

— Earl Nolting, Cares Committee

Help start a new book group

The Cares Committee wishes to suggest some new interesting books published this year on health and aging. Check your local library or bookseller for these references. After your read, please send us a one- or two-paragraph summary along with the author, title, and publisher to share with readers of the UMRA Newsletter.

Disrupt Aging, by Jo Ann Jenkins

Old Age: A beginners guide by Michael Kinsley

Becoming Wise: Inquiry into the mystery and art of living, by Krista Tippet

The Violet Hour: Great writers at the end by Kate Roiphe

The Sleep Revolution: Transforming your life, one night at a time by A. Huffington

When Breath Becomes Air by Paul Kalanithi

Send your thoughts in an e-mail to umracares@umn.edu.

If you would like to participate in discussions of books like these, send your name and contact information for the purpose of starting a health /aging book group.

University of Minnesota
McNamara Alumni Center
Room 264, Suite 250
200 Oak Street S.E.
Minneapolis, MN 55455-2002

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**Have you changed your
address, e-mail, or phone?**

1. Print new information below.
2. Cut out this form **and address label.**
3. Mail both to the address above.

Name _____
Address _____
City, State _____
Zip _____ Phone _____
E-mail _____
Other Info _____

Website: <https://umra.umn.edu>
UMRA's phone: 612-626-4403

In Remembrance

We report the passing of UMRA members as we learn of losses to our UMRA community. Since the Newsletter was published last month, we have received news of the following. Our condolences to the friends and family of:

Dr. George R. Blake, Soil Physics and the Water Resources Research Center, died on August 11, 2016, at the age of 98. He had proudly maintained his UMRA membership through 2010.

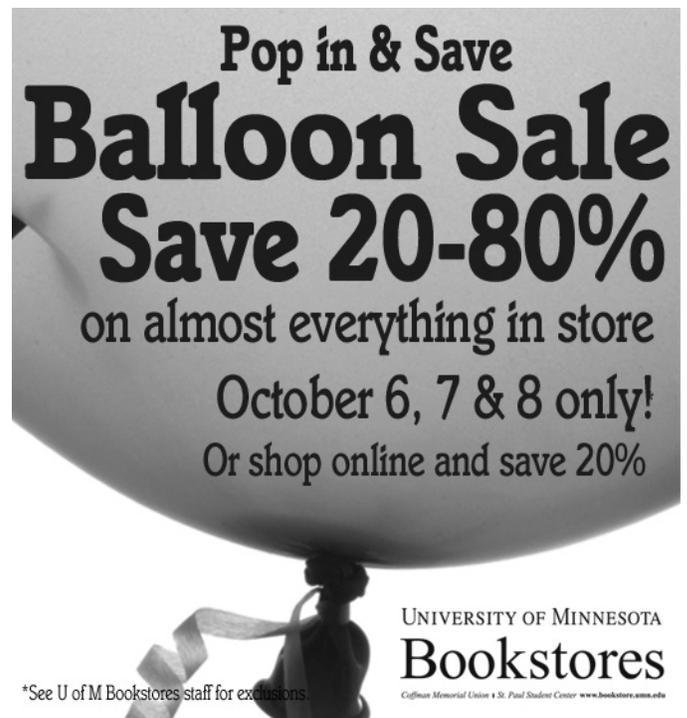
UMRA Cares Committee is here for support

For assistance and support in the event of the death or serious illness of an UMRA member or family member, please e-mail us at umracares@umn.edu or call 612-626-4403, and leave a message for UMRA Cares.

Also, if you learn of someone who is facing a difficult life challenge, please contact the UMRA Cares Committee.

"Food for Thought" from the Cares Committee —
*Old age is like a plane flying through a storm.
Once you are aboard, there is nothing you can do.*
— Golda Meir

Thank you to the University Bookstores for sponsoring the UMRA October Newsletter. The Bookstores also offer a 10 percent discount to UMRA members. Shop the Bookstore on the ground floor of Coffman Memorial Union next time you attend an UMRA meeting.



Pop in & Save
Balloon Sale
Save 20-80%
on almost everything in store
October 6, 7 & 8 only!
Or shop online and save 20%

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*See U of M Bookstores staff for exclusions.