

UMRA NEWSLETTER

A Communication of the University of Minnesota Retirees Association

APRIL 2018

Historian Erika Lee to discuss the future of U.S. immigration law and public policy

Who is a U.S. citizen? Who is welcome in our country? Should undocumented immigrants brought here as children be deported? These questions are among the toughest that divide us as a nation today. The future of our national immigration policy and



treatment of immigrants, refugees, and undocumented immigrants are issues that are under weighty debate and scrutiny from the Oval Office to Congress, and in state legislatures and city halls across the nation. How does our past play into this debate? How does our history inform who will be U.S. citizens in the 21st century?

Attend the UMRA luncheon on April 24 to hear Dr. Erika Lee, an award-winning American historian and recognized leader in the field of immigration history, speak on U.S. immigration history and its implications for today and our future. A Distinguished McKnight Professor and holder of the Rudolph J. Vecoli Chair in Immigration

History, Dr. Lee is the director of the U's Immigration History Research Center. Her scholarly specialties include migration, race and ethnicity, Asian Americans, immigration law and public policy.

Her most recent book, *The Making of Asian America: A History*, published in English in 2015 and Chinese in 2018, has received several awards, including an "Editors' Choice" recommendation from *The New York Times*.

A productive scholar, Dr. Lee has authored two additional award-winning books and numerous articles. Soon after the 2016 presidential election, she produced, together with immigration history colleagues, #ImmigrationSyllabus, an online tool to help faculty, teachers, students, and the general public better understand the history of immigration in the United States and prepare for participation in the current debate.

Dr. Lee has been recognized with numerous national and university fellowships and awards for her scholarship, teaching, and outreach. In 2016, she was named one of 25 "pioneering women making a difference in academia and beyond" by *Diverse Issues in Higher Education* magazine.

The granddaughter of Chinese immigrants, Dr. Lee grew up in the San Francisco Bay area and earned her Ph.D. in history from the University of California, Berkeley. We are fortunate to have Dr. Lee in our University community and as our speaker for UMRA's April luncheon.

—Kathleen O'Brien, Program Committee

UNIVERSITY OF MINNESOTA

LUNCHEON MEETING AT A GLANCE

Tuesday, April 24, 2018
11:30 a.m. – 1:30 p.m.

Featured Speaker
Dr. Erika Lee, director,
Immigration History
Research Center

Location

Conference Room ABC
Campus Club, Fourth Floor
Coffman Memorial Union

Menu

Mustard-crust chicken topped
with spinach pesto; roasted
potatoes, coffee and tea.
For special dietary needs, please
request when making your
reservations.

Reservations ARE Required.
Deadline: Thursday, April 19
Prepayment of \$16 per person.
Annual prepayers, please make
reservations.

To reserve your place(s) and
parking, 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 or
Jleahy4654@aol.com.

Please honor the reservation
deadline; to cancel, please call by
Thursday, April 19.

Parking

University ramps and reserved
space in East River Road Ramp
with UMRA's discount coupon —
\$6 for the day.

UMRA NEWSLETTER

April 24 Workshop: Alzheimer's disease, what can be done?

Our April workshop will be led by Joseph Gaugler, Ph.D., a long-term care professor in the University of Minnesota School of Nursing.



The workshop will begin with a brief history of Alzheimer's disease and then examine definitions of Alzheimer's and dementia. Discussion will include warning signs as well as the diagnostic process. The workshop will then turn to stages of Alzheimer's disease, updated classifications, and established risk factors.

Dr. Gaugler will discuss the science related to prevention and treatment of Alzheimer's disease, including both pharmacological and non-pharmacological treatments. A review of future areas of importance in terms of treatment and management will conclude the presentation, before the workshop is opened up for questions and comments.

An applied gerontologist, Dr. Gaugler investigates the sources and effectiveness of long-term care for persons with Alzheimer's disease and other chronic conditions. His research interests include the ramifications of family care for adults with dementia, the effectiveness of community-based and psychosocial services for older adults with memory concerns and their caregiving families, and the social integration of residents in nursing homes, assisted living, and family care.

Dr. Gaugler is the current president of the Division on Adult Development and Aging of the American Psychological Association (APA). He has served as editor-in-chief for the *Journal of Applied Gerontology* and currently serves on three editorial boards.

Please join us after the UMRA luncheon on April 24 for this workshop from 1:30 to 2:30 p.m. in the ABC Dining Room of the Campus Club.

— Ron Anderson, Workshop Subcommittee acting chair

Come at 10:30 before luncheons

Thanks to the Campus Club again this year for making its Bar and Lounge available to UMRA members for coffee and visiting before our luncheons. There is no charge and no need to RSVP.

Parking reservations available

Combine your reservation for the UMRA luncheon with a request for a parking reservation and ensure your space. Tell the attendant when you arrive (on duty between 10 a.m. and noon). Pay when exiting, as usual.

When you need to cancel ...

Members on the wait-list want your cancelled reservations, so if circumstances prevent you from using your UMRA luncheon reservations, please let us know as soon as possible. Contact Judy Leahy Grimes at jleahy4654@aol.com or 651-698-4387.

FROM THE PRESIDENT

UMRA BOARD NEWS

Luncheon venue

As part of our quest for more adequate space, the UMRA Board of Directors and the Campus Club Executive Committee have approved a promising experiment for 2018–19. Key features of the agreement are as follows:

The Campus Club will allow us to use the West Wing for three “pilot program” luncheons in 2018–19, tentatively in November, January, and March. For these, UMRA will extend invitations to Campus Club members to fill in excess capacity (at least for the talk, and possibly to bring their trays to the luncheon as well).

For the remaining five programs we can use whatever combination we wish of Campus Club ABC in the current time slot, or the West Wing in an afternoon time slot with a light buffet instead of a luncheon. In approving the experiment, the Board agreed to limit any afternoon sessions to months with sufficient daylight to permit participants to return home before dark. The sequence of components for afternoon sessions will probably be: 1) workshop, 2) social hour with a light buffet, and 3) speaker.

This arrangement will permit us to stay in the Campus Club facility for 2018-19 and to test out different formats and time frames for monthly events. It will probably also require some increase in luncheon prices, given the higher rental fees for the West Wing. Look for more details in the May newsletter.

Heads-up on May meeting

I want to make sure all UMRA members are aware of the special time and place for the upcoming Annual Meeting.

Continued on page 3 ...

Continued from page 2 ...

The event will be held from 4 to 6 pm, Tuesday, May 22, in the West Wing of the Campus Club, with President Kaler as our guest speaker. More details will be available in the May Newsletter.

A few things you might not know about UMRA

- UMRA workshops are free and do not require that you attend the luncheon before them.
- You can still read the UMRA newsletters in the traditional format if you prefer. When you receive the emailed e-newsletter, just click on [*View the entire newsletter online*](#) (available near the top of the email). You can also print it.
- A new section of the website contains some useful documents on our organization's history (umra.umn.edu > About Us > UMRA History). *dum of Understanding with the University*. These include a history of UMRA's first seven years, and four lists: luncheon speakers since 2004, workshops since 2006, officers since 1992, and Board members since 1993.
- Lots of additional documents are to be found in the UMRA archives (umra.umn.edu > About Us > Document Archives), including all newsletters since October 2004; Board and Association minutes since May 2015; annual financial reports since 2014–15; and key organizational documents (e.g., Bylaws, Operating Manual, Memorandum of Understanding with the University).

— Chip Peterson, UMRA President, 2017–18

2018–19 PDGR grant awards: from prevention science to folklore

Nine grants totaling nearly \$36,000 have been awarded to individuals who applied for 2018–19 funding from the Professional Development Grants for Retirees program. The grants represent a wide range of faculty interests and projects, with proposals coming from retirees in mechanical engineering, medicine, education, design, the liberal arts and Libraries. Several of the grant applications were from faculty invited to national or international conferences or conventions to present their work, with subjects ranging from information science to contemporary cast iron art. Other awards will support work—including book, video, and website development—in areas ranging from parent education, museum textile collections, and 19th century folklore to “A Campus Divided,” an exhibit about the University of Minnesota from 1930 to 1942.

One project receiving a second consecutive PDGR award employs undergraduate students in a sophisticated statistical analysis of the behavior of young HIV+ patients receiving therapy at the U and its potential for enhancing the outcomes of their therapy. The students are selected from the Undergraduate Research Science program, a recruitment effort to attract talented freshmen. Previous UMRA grant recipients have worked with students in the Undergraduate Research Opportunities Program. Thus, the retirees' grant program is also enriching the education experiences of undergraduates at the University.

In all cases these projects enhance both the professional development of the grant recipients and the reputation of the University in the academic community.

It is important, therefore, to maintain this grants program as best we can. Although the University helps to support the program financially, the funding is not sufficient to maintain our current average of 11 awards per year on into the future. This may require that we augment the grant funding from our University of Minnesota Foundation account, wherein donations are dedicated to the PDGR.

To learn more about all of this year's awards, please visit umra.umn.edu/news/2018-04-abstracts.

—Dick Poppele, PDGR Committee chair

Welcome new members to UMRA

Please give a hearty welcome to three new members who have joined UMRA since the last newsletter. Greet them at luncheon meetings and help introduce them to others:

- Martha Douglas, U of M Foundation Marketing and Communications, P&A
- David Hunter, Medical School Family Medicine, P&A
- Dr. Randi Lundell, Medical School Integrative Biology and Physiology, P&A

For contact information, see Member Directory at umra.umn.edu/membership

March speaker cites good news on clean energy front

J. Drake Hamilton, science policy director of the Twin Cities-based nonprofit Fresh Energy, urged UMRA's March luncheon audience to look beyond the discouraging news from the federal level about climate change. A far larger portion of the fight against climate change, she suggested, takes place at the local and state levels. And there the news is better—especially in Minnesota, which has become a national and world

leader in the transition to clean energy. "Smart states can make a difference, and Minnesota is leading the way," she said.

Minnesota's bipartisan Next Generation Energy Act of 2006, which set what were then considered aggressive standards

for carbon reduction, helped fuel our state's surge to the forefront. Subsequent progress has exceeded even the targets set then and, in the process, has produced more than 50,000 well-paying clean energy jobs.

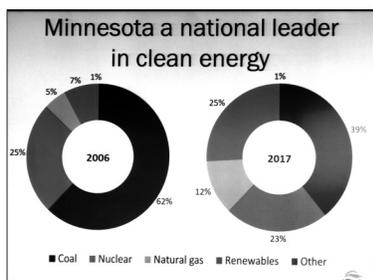
Private sector leadership has been pivotal. Corporations such as Target and General Mills are striving to conserve energy in their own operations, shifting toward renewable sources, and pressuring suppliers to reduce carbon.

Perhaps most crucially, Xcel Energy—Minnesota's biggest greenhouse gas emitter—is moving rapidly toward total abandonment of fossil fuels. It expects to surpass its own 2030 goal of 60 percent CO2 reduction so early that it has raised that goal to 85 percent.

At the same time, renewable energy costs are dropping rapidly—by 30 percent last year alone in the case of solar. But even if coal and natural gas for the generation of electricity may be on the way out, Hamilton said, other sectors including transportation, heating, and cooling also produce vast quantities of greenhouse gases. So the next major step in the quest for climate solutions will be to electrify these other sectors.

Hamilton welcomes referrals for other (free) speaking engagements at civic or faith organizations. She can be reached at hamilton@fresh-energy.org and 651-366-7557.

— Chip Peterson, UMRA president



In 10 years, renewables in Minnesota grew from 7 to 25 percent of energy production, whereas coal use was reduced from 62 to 39 percent.

Social Committee plans tour of State Capitol April 25

The Social Committee invites you to join other UMRA members for a guided tour of the newly restored Minnesota State Capitol on Wednesday, April 25. The tour will start promptly at 11:00 a.m.; attendees will meet as a group on the south-facing Capitol steps at 10:45 a.m. Although there is a fair amount of walking on the tour, elevators are available for avoiding stairs.

The tour is free of charge, lasts about an hour, and is limited to 35 persons. To reserve a space, or for questions, please e-mail Lynn Anderson, boundarywaters07@gmail.com. Reservation deadline is April 20.

FLG invites you to learn about elder care, April 25

All UMRA members are invited to the Wednesday, April 25, Finance and Legal Group (FLG) workshop on elder health care, 2 p.m. at John A. Knutson & Co., PLLP classroom, 1755 Prior Avenue North, Falcon Heights, MN 55113.

Topics will include medical issues, care taking, funding long-term care (LTC), and issues with LTC facilities. Lead presenters are Jayne Clairmont, president and CEO of English Rose Suites, and Tracy Keibler, founding director of ApparentPlan, a nonprofit organization partnering with communities of faith to provide healthy aging programs and advocacy services to older adults. UMRA members will contribute to the conversation.

To prepare for the discussion, listen to "How to Provide Better Care to the Elderly," by Joanne Lynn, geriatric physician and author of *Sick to Death and Not Going to Take It Anymore!*, which was broadcast March 14 from St. Olaf College by Minnesota Public Radio (mprnews.org/story/2018/03/14/tsunami_of_frail_elderly).

Dr. Lynn advocates for a "Toyota Revolution" to develop "a care system that stays with you over time and can meet individual needs and priorities."

You may also join this discussion by computer, tablet, or smartphone. For directions to the location, or how to sign in for the online presentation, please contact Kim Elm, John A. Knutson & Co., kelm@jakcpa.com, or call 651-379-5732.

Send questions or personal experiences for the April workshop to Andy Whitman, FLG coordinator, at awhitman@umn.edu or 612-747-6015.

Volunteer Opportunities: Be a ‘Help at Your Door’ volunteer

Based in Roseville, Help At Your Door is a nonprofit organization that serves the seven-county Twin Cities Metro Area. Its mission: “to help seniors and individuals with disabilities maintain their independence and continue living in their homes” (helpatyourdoor.org). From giving rides to painting and maintenance projects to shopping for groceries, Help at Your Door’s volunteers step up to serve this mission. As a volunteer, you can enjoy a flexible schedule and develop meaningful relationships with those you serve.

Here are a few of the ways you can help:

Home Helper: From organizing bookshelves to washing windows, help individuals with light household tasks that would otherwise be challenging to complete.

Handyperson: Help with projects like interior and exterior painting, hanging pictures, changing light bulbs and smoke detector batteries, and more.

Driver: Love to drive? Give a ride. Help clients who lack transportation to get back and forth safely from their appointments or errands.

Delivery Assistant: Ride with a Help at Your Door delivery person and assist with unloading and unpacking clients’ grocery orders in their kitchens.

Order Taker: Volunteer for half an hour at your home to call seniors and place their grocery orders online.

Shopper: Start your morning by filling client grocery orders at one of selected store locations.

Want to learn more? Contact the University Retirees Volunteer Center at 612-625-8016 or urvc@umn.edu. We’ll connect you with the Help at Your Door volunteer coordinator.

— Sally Schakel, URVC office volunteer

Nominating Committee develops slate for May election

In the May Newsletter, the Nominating Committee will report its recommendations for 2018–19 officers and new members for the Board of Directors. The list will include four board members, the president-elect, secretary, and treasurer.

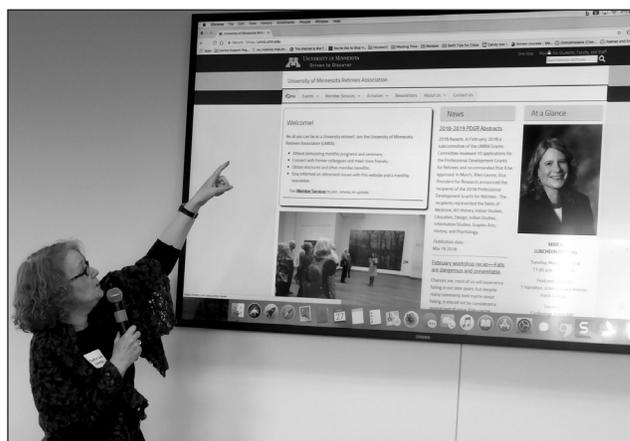
Progress has been made, and at this time we have commitments from most of the candidates for these positions. Thanks to all who have contributed names to this effort.

— Donna Peterson, Nominating Committee chair

March workshop highlighted tech support for retirees, UMRA website

Many avenues exist for U of M retirees to access tech support from the University’s Office of Information Technology (OIT), for both computer and software problems. Simply call, walk in, chat, email, or use online self-help to receive trouble-shooting support. Workshop presenter and OIT training consultant Lisa Larson covered a range of issues including: the security and accessibility merits of using the U’s Virtual Private Network (VPN) for access when off campus (not available to all retirees) and ‘eduroam’ for WiFi access when on campus; tactics to avoid phishing scams; and the benefits and ease of using Google Apps (G Suite) for all Google products. (The U moved to Google Apps in 2009.) Larson recommended Google Help as a highly valuable resource. Online training videos are available through Lynda.com (free to current U of M students, faculty, and staff and to the public via local libraries). To learn more, go to it.umn.edu, email help@umn.edu, or call 612-301-4357 (1-HELP).

The UMRA website was highlighted in the second part of the workshop. UMRA webmaster Cathy Lee Gierke and website design leader David Naumann demonstrated the structure and features of the website. The website provides an impressive array of current information, with older material easily accessible through links to archives.



Webmaster Cathy Lee Gierke explains layout and functions of the UMRA website.

Members take note: an additional login and password are needed to access online reservations for luncheons and parking and to search within the members’ directory.

— Claudia Parliament, Communications and Outreach Committee chair

Cares Committee continues series on meditation and mindfulness

This second part of a three-part series on meditation and mindfulness by the Cares Committee focuses on smart phone apps as training tools for learning mindfulness and meditation. In the March issue we focused on learning meditation through books; in May, part 3 will focus on available classes and trainings.

Mindfulness apps: a review of 'Headspace'

Meditation is a skill that is particularly well suited to learning via a smartphone app. With an app, you can have a skilled teacher guide you through meditation sessions at the time and place of your choosing. For the last three years, I have used the market-leading app, "Headspace" (headspace.com). Used by many corporations and schools, the program is also used by airlines as part of inflight entertainment.

Headspace operates as a subscription service and costs from \$7.99 to \$12.99 per month after an initial free trial. A subscription gives you access to an extensive library of themed meditation programs, grouped as 10- to 30-day packs, single sessions, or quick "SOS" exercises. The themes cover a wide range of issues, including general concerns like stress, happiness, and anxiety, as well as specific concerns such as sleep, sports performance, and cancer.

The principal founder of Headspace, Andy Puddicombe, was a Buddhist monk for 10 years, and his deep experience with mindfulness informs his teaching. The techniques he teaches vary with the subject, and include not only a traditional focus on breathing, but also analysis and several kinds of imagery. He includes short topical discourses as well as occasional animations.

A frugal way to use Headspace would be to subscribe just long enough to learn some techniques and then practice them on your own. However, I have found the lessons valuable enough that I maintain my subscription. I gain new insights as I repeat the sessions that speak to my current concerns.

Other well-reviewed subscription meditation apps include "Calm," (calm.com) and Buddhify, (<https://buddhify.com/>).

— Ron Matross, Cares Committee member

Mindfulness meditation practitioners: please share your experiences

The Cares Committee is planning a workshop, led by Ron Matross, for next November on the topic of Mindfulness Meditation. If you practice mindfulness or meditation in some form and would be willing to talk briefly about it, please contact Ron Matross (matross@gmail.com) or Ron Anderson (rea@umn.edu).

In Remembrance

We report the passing of UMRA members as we learn of these losses to our community. Our condolences to the families and friends of:

Donald Holberg, who died February 16, 2018. Donald worked for UMTC from 1960 to 1984 and retired as the associate director of Physical Plant. He was a 1950 graduate of the U of M in mechanical engineering and a 20-year member of UMRA.

Maureen Krinke, who died February 23, 2018. Maureen served the Regents of the University as administrative staff and continued to assist at Regents' meetings and public hearings after retiring. She retired in 2005 and was a member of UMRA.

David Noble, professor of history and American studies for more than 50 years, who died March 11, 2018. Dr. Noble was a respected and distinguished scholar of intellectual history, who influenced the interpretation of U.S. history. An admired teacher, he taught thousands of students and mentored more than 100 Ph.D. graduates. He was a long-time member of UMRA.

Allan Peterson, emeritus professor in the College of Agriculture, Department of Entomology, who died March 2, 2018. Dr. Peterson earned his Ph.D. from the U of M in 1949, joined the faculty, and was appointed full professor in 1965. His research impacted the health and economic viability of various Minnesota crops, most notably wild rice and potatoes. Retired in 1979, he was an UMRA member for 17 years.

— Kathleen O'Brien, Cares Committee

UMRA Cares supports members

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.

News you can use: Book donation drop-off sites

It's not easy to find places for college books, especially textbooks that are even just a few years old. People who may be cleaning out their offices or bookshelves can thank Andy Whitman for sending us this information from Amy Sheldon, retired communication studies professor, who recently explored places that welcome books. Amy shares her experiences:

"Half Price Books, Magers & Quinn, and the U of M Libraries were not interested in my scholarly books, although Half Price Books and Magers & Quinn offered to properly recycle them. Other places that will take our books are the following:

"Books for Africa (booksforafrica.org/donate/donate-books.html) usually does one or two book drives per year at the University. They took everything I left outside my office.

Iraqi + American Reconciliation Project (nextdoor.com/pages/the-iraqi-and-american-reconciliation-project/), 2021 East Hennepin Avenue, Suite 200, Minneapolis, is having a book drive until May 18, to restock the decimated library in Mosul, but will take book donations other times too.

Textbooks for Change (textbooksforchange.com/). These organizations would appreciate a monetary donation too, to cover the cost of shipping to receiving countries.

Some companies have drop boxes and will make sure that every item placed in the boxes is sold, donated, or properly recycled. You can Google the box locations. **A Greener Read** is a local company in St. Paul. Better World Books, a national company, has a box at The Hub in Richfield. Both work with Books for Africa. USAgain takes books as well as clothes."

UMRA members, if you have found any other useful book donation sites, please send your suggestions to me at jmedbery@comcast.net.

— Julie Medbery, UMRA Newsletter editorial team

Food for thought

"There's never enough time to do all the nothing you want."

—Bill Waterson

Book Club to discuss *The Last Resort* at April Meeting

The UMRA Book Club will meet at 2 p.m., Friday, April 20, to discuss *The Last Resort: A Memoir of Mischief and Mayhem on a Family Farm in Africa* by Douglas Rogers. The discussion will be led by Mary Jane Towle. The Book Club meets on the third Friday of every month except December. Meetings are held at the 1666 Coffman Building, which is on Larpenteur Avenue near the St. Paul Campus. Newcomers are welcome! For more information contact Pat Tollefson at p-toll@umn.edu.

Book Notes:

A Memory of Violets elicits favorable response

In March the Book Club read the historical novel, *A Memory of Violets*, by Hazel Gaynor. The story, set in 1912 London, follows a young woman who is starting her job at a home for orphaned and disabled girls. The founder of the home is a fictional character based on the real-life social pioneer, John Groom. Our heroine, Tilly, finds in her room a box containing the diary of a previous worker. The diary tells the worker's story of losing her blind sister. The novel flashes between 1876 and 1912. There are many coincidences and parallels between the 1876 and 1912 stories, which focus on sister relationships and deceit, stepmothers, and more!

Most of the group enjoyed the book and how it ties in societal issues and the historical Queen Alexandra Rose Day, still celebrated in London on June 26. The language of flowers, mystery, and spiritual presence make the story more intriguing.

Some members commented that although it was sweet and predictable, they still enjoyed the "light" read compared to some of the "heavier" subjects that we have been covering of late.

Others felt the beginning was depressing, painting a picture of poverty and destitution that was hard to read about. Many members enjoyed reading about the period of history that's covered.

I would highly recommend *A Memory of Violets* for those who like historical fiction and a happy, though bittersweet, ending.

— Joan Mitchell, Book Club member

UMRA University of Minnesota Retirees Association

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

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

UMRA's phone: 612-626-4403
Website: umra.umn.edu

Photo Club's April theme to feature 'Old' photos

The UMRA Photo Club will meet Tuesday, April 10, from 12:30 to 2:30 p.m. at the St. Anthony branch of the Hennepin County Library in the small shopping center at New Brighton and St. Anthony Boulevards. Come at 11:30 a.m. for lunch and camaraderie at the Great Dragon Buffet, located across the parking lot from the library. Be sure to ask for the senior discount.

Each meeting starts with theme pictures. The April theme is "old" which means any picture that the word old brings to mind. For example, this could be an old building, an older person, or an old picture. Attendees are asked to send four to five theme pictures to Dick Kain, kain@umn.edu, by Monday, April 9, and to bring 10 additional pictures on a flash drive to share and discuss.

If you enjoy taking pictures, come to one of our meetings. We have a lot of fun, and we laugh a lot. Most of us are struggling amateurs who like to take pictures, improve our skills, and help each other. For more information contact Sheri Goldsmith May, goldsmith009@gmail.com, or Craig Swan, swan@umn.edu.



Reflections, the theme for member photos at the March Photo Club meeting, is evident in this spectacular photo of the Chicago skyline by Jan McCulloch.