

OCTOBER 2012

Neuroscientist Kathleen Zahs to report on recent advances in Alzheimer's research

The next UMRA luncheon, on Tuesday, October 23, will bring us up to date on the latest findings regarding memory diseases.

Our speaker, Kathleen Zahs, is associate professor of neurology and director of Translational Research for the N. Bud Grossman Center for Memory Research and Care at the University of Minnesota.

For five years, she has worked with Professor Karen Ashe on the cutting edge of Alzheimer's research.



Her role is to design and conduct studies that transform basic science discoveries to clinical solutions for Alzheimer's.

Prior to working with Dr. Ashe, Dr. Zahs collaborated closely with Eric Newman and Robert Miller, professors in the Departments of Physiology and Neuroscience, to understand the pathways through which different types of cells in the brain communicate with one another.

After graduating magna cum laude from Princeton University, she obtained her Ph.D. in Neuroscience at the University of California, San Francisco. In 1991, she started a post-doctoral position at the University of Minnesota in physiology.

In addition to her research work, she has been recognized for her excellence in outreach and teaching. In 2002, she received a

letter of recognition from College of Liberal Arts for teaching excellence. Students continually rave about her teaching in their evaluations.

Professor Zahs has published widely in academic neuroscience journals as well as *Science*, and the *Journal of Alzheimer's Disease*. In a 2010 article in *Trends in Neurosciences*, she and Professor Ashe argued that their forefront research had more application in prevention than cure.

Active in community outreach, Kathleen Zahs has been working with health care and related organizations to help create the Twin Cities Consortium for Alzheimer's Research. This consortium is working toward funding a large-scale clinical trial in the Twin Cities.

In her presentation, she will describe this interesting project as well as discuss the implications of research for public knowledge about the incidence and prediction of Alzheimer's and other types of dementia in an age where people live longer and longer.

— Ron Anderson, UMRA President

Plan to attend "Living Well" workshop following the luncheon

UMRA's Living Well in Later Life workshop at will follow the luncheon from 1:30 to 2:30 p.m. on October 23. The theme is "The Role of Volunteering" and will feature Al Levitan, recent past-chair of the Board of the University Retirees Volunteer Center. See page 3 for more information.

UNIVERSITY OF MINNESOTA

OCTOBER LUNCHEON MEETING

Tuesday, October 23, 2012
11:30 a.m. – 1:30 p.m.

Featured Speaker

Kathleen Zahs, neuroscientist, "Research Advances in understanding Alzheimer's Disease"

Location

Conference Room ABC,
Campus Club, Fourth Floor,
Coffman Memorial Union,
East Bank Campus, U of M

Menu

Southwestern Black Bean and
Squash Stew with Cheddar
Cornbread

Reservations Are Required

Deadline: Thursday, October 18
Options: Prepayment of \$14 per person; \$16 at door for reservations not prepaid. Annual prepay-ers must also make reservations.

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

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

Please honor the reservation deadline date; if cancellations are necessary, please call by Oct. 18.

Parking

Parking is available in the East River Road Garage, with UMRA's membership discount coupons—\$6 for the entire day.

FROM THE PRESIDENT

This month, I want to tell you more about the strategic planning retreat I mentioned in my first message in September and give you more information about the discussions and planning that relate to the establishment of a U of M Retirees Center.

I quote from a position paper by John Adams, UMRA president-elect, prepared for the UMRA retreat on August 23, 2012.

“University retirees – faculty members, professional and administrative personnel, and civil service employees – represent a significant untapped pool of human capital resource for the University. It’s time to figure out ways to tap that pool to help carry out the University mission.... A failure to utilize the talents and expertise of retirees wishing to serve is becoming a serious administrative oversight at a time of constrained University resources.”

In a position paper I wrote, also for the retreat, entitled “A Retiree Center as a Human Capital Generator for the U of M,” I said that *“University investment in a retiree center will generate a very high ROI [return on investment], more than recovering the costs by the added value that retirees will provide at a free or reduced cost. This proposal includes a plan to evaluate the program with an accountability system that assesses the cost-benefit of the Retiree Center.*

The proposed Retiree Center would be open and free to all retirees and would offer some amenities such as information, refreshments, research space, and room for seminars and workshops. These amenities would not be the only purpose of the center but would be provided to help build a community of retirees with the motivation and skills needed to assist the University in its mission.”

The full text of these two position papers can be found at <http://www1.umn.edu/umra/activities.php#strategic> Look for the PDF file: “Advance Documents for UMRA Retreat.”

The most significant outcome of the retreat was that University Provost Karen Hanson participated in an hour-long discussion with us, and we learned that she is one of the most ardent supporters of a Retiree Center. Having just moved from Indiana University, which has such a center, she promised to help us move in this direction.

The concept of a Retirees Center has been an UMRA goal since 2007. Tom Sullivan, the previous provost, had

committed the University to the concept, and provided funds in 2010 for a summer graduate student to work on it. With renewed momentum, we will plan the next steps.

After our discussion with Provost Hanson, retreat attendees broke into eight working groups during lunch. An hour and a half later, each of the groups reported their discussions and ideas for a variety of issues. The eight working groups overlapped with UMRA Committees plus a few more. These were the groups: Membership and Communication, Grants, Luncheons and Socials, Volunteering, History, Research, Retiree-University Connectedness / Retirees Center. The full report from these groups has been posted on the UMRA website, and it will serve to guide UMRA’s work over this coming year. Look in “Activities” for the PDF file that says “Action Items and Retreat Meeting Notes.”

I have appointed an official UMRA committee to continue working this year to implement ideas relating to a Retirees Center. The committee is called the “Re-Connecting Retirees and Planning for Retreat Center.” The members are Gayle Graham Yates, chair; Bob Holt, John Adams, Ron Anderson, Dick Skaggs, Joanne Eicher, Craig Swan, and Jan Hogan. Their mission is to work with central administration and others to create a climate and policies that lead to greater integration of retirees into the functioning of the University communities. They will also continue discussions and negotiations on the concept of the Retiree Center that emerged in the retreat.

One of the traditions I found very useful when I worked with the Association for Computing Machinery for many years was their designation of all officers, board members, and committee members as “key people.” UMRA has about 50 such people, including official representatives to other organizations. This was the group that was invited to the retreat.

Anyone can become one of the “key people” for UMRA simply by volunteering to work on an UMRA committee or to lead a special interest group. We would like to see the number of UMRA’s key people grow. We welcome you to serve your organization in any capacity. UMRA will be stronger for your involvement, and together we will make a difference in the lives of University retirees.

—Ron Anderson, UMRA President (rea@umn.edu)

New Member Welcome Hour, October 23

Newly received members of UMRA are invited to a welcome reception at the Campus Club 10:30 to 11:15 a.m. on Tuesday, October 23. (You are a new member if you joined within this calendar year, from January to October 2012.)

UMRA 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 New Member Welcome reception.

The UMRA Membership Committee is initiating this get-acquainted event with plans to make it an annual welcome session for all who join UMRA. We do hope you will attend. More information will be forthcoming in a mailing and e-mail invitation soon.

— John Anderson, chair, UMRA Membership Committee

Watch for Request for Proposals for retirees' professional development grants

E-mails will go out shortly to all UMRA members and to all P&A and faculty retirees of record with the invitation to submit proposals for the next round of PDGR grants. The final deadline for submissions will be December 10, 2012.

NOTE: There have been a few significant changes in the application process from previous years; for example, applications this year **must be submitted electronically**. For details on these and other changes, and to download application materials, see www.umn.edu/umra/grants.php

— Judd Sheridan, chair, UMRA PDGR Committee

Expand your horizons in an UMRA Book Club

Founded in March of 2011, the UMRA Book Club meets on the third Friday of the month at 2 p.m., in the library at 1666 Coffman in St. Paul.

Our members choose the books—a mix of fiction and non-fiction. The book for October 19 is *The Warmth of Other Suns* by Isabel Wilkerson; for November 16, *Out Stealing Horses* by Per Petterson.

If you are interested in attending the UMRA Book Club in St. Paul, or if you would like to start another UMRA Book Club in your area, contact Pat Tollefson, p-toll@umn.edu, for more information.

Living Well Workshop on October 23 features benefits of volunteering

This month's free UMRA workshop series, "Living Well in Later Life," will highlight the benefits of volunteering. The workshop is designed not only for those who are already engaged in volunteering, but also for those who are not yet volunteering. Recent research on volunteering in St. Paul will be summarized by a noted researcher on volunteerism.

The main presenter, Alexander A. Levitan, M.D., was chair of the Board of Directors of the University Retirees Volunteer Center (URVC) from 2006 to 2012. He also serves on the Advisory Board of University of St. Thomas' Selim Center for Learning in Later Years. Dr. Levitan received his M.D. from the University of Rochester and is board certified in internal medicine, medical oncology, and medical hypnosis. Al is past president of the American Society of Clinical Hypnosis, and has published articles in three fields.

Time and Format: The Living Well workshops are held from 1:30–2:30 p.m. after the UMRA luncheon, in the same room. The presenter speaks first, and then participants divide into small groups to get better acquainted and to discuss thoughts stimulated by the presentations.

— Ron Anderson, Workshop Committee chair

Retiree UPlan health coverage costs for 2013

With open enrollment scheduled to run from November 1 through November 30, October is the time for those of us under the UPlan to review our medical and dental coverage. Watch the mail for more information about all the UPlan selections, which will be provided by U Benefits.

Medical Plans—Blue Cross Blue Shield's U of M Retiree Plan will decrease 17.5 percent to \$278.68; Medica's Group Prime Solution is also decreasing by 2.3 percent to \$255. Small increases are foreseen in U Care for Seniors at \$249, up 2 percent, and the Health Partners Freedom and National Plans at \$249, up 2.6 percent. NOTE: for retiree couples the total premium cost is double the above.

Dental Plans—2013 premium costs will remain the same.

No Changes? — On a final note: if you are not planning to make any changes in your medical or dental coverage next year, there is nothing you need to do during open enrollment, and your current coverage will continue.

— Ted Litman, UMRA Representative to the University of Minnesota Benefits Advisory Committee

Reminder: 'Tis the season, get your seasonal flu shot.

Health Fairs on campus: Wednesday, November 7 in St. Paul, North Star Ballroom, Student Center, 10 a.m.– 4:30 p.m.
Thursday, November 8 in Minneapolis, Great Hall, Coffman Union, 10 a.m.– 4:30 p.m.

Retirement: A time for “Encore Careers” —

Meet “the retired” John Adams

So what changed in the life of Professor Emeritus John S. Adams when he retired in 2007?

The answer is short and simple—not much. John continues the leadership and administrative, research, teaching, and University and public service career that he began shortly after he earned his Ph.D. in economic geography from the University of Minnesota in 1966. Beginning his academic career at Pennsylvania State University, he returned to the University of Minnesota in 1970. The University has benefited from his skilled leadership for many years.

Within weeks of his retirement, John agreed to return to harness as interim associate dean in the Humphrey School of Public Affairs for the 2007–08 academic year. He has a long association with and commitment to HHH, having served as its first director, long time adjunct faculty member, and director of its hugely successful North-South Fellowship program for mid-career officials from developing countries. When, in October 2011, Dr. Judith Martin, a long-time collaborator with John, passed away unexpectedly, he immediately agreed to take over as interim director of the Urban Studies Program and teach her Senior Project seminar. The most recent demonstration of John’s commitment to our University community is agreeing to serve as president-elect of UMRA.

John’s research focused on understanding the structure and functioning of American metropolitan areas. He continued this work as senior research associate with the University Metropolitan Consortium for three years after retirement.

Now John is turning his research skills to some new projects. He is combing the archives and conducting many interviews with the goal of writing a history of the geography department at the University of Minnesota and a history of the Humphrey Institute. Parts of both these projects are key chapters of the autobiography that John is currently writing.

Finally, John is collaborating with colleagues in the public and private sectors in an examination of higher education in Minnesota and formulating comprehensive proposals to rationalize and improve higher education policy in the state—a formidable but badly needed task.

— Richard Skaggs



John Anderson to chair URVC board

The U’s Retiree Volunteer Center (URCV) has a new chair of the board—John Anderson. URVC places up to 100 retirees each month in University and community sites to give their time without pay for the common good. Many of you know John because he was president of UMRA in 2010–11. Since then he has served as chair of the UMRA Membership Committee, and he will continue in that role, for which we are thankful.

You also may know John as the person who distributes discount parking coupons. Virgil Larsen, as manager of the membership database, will take that on now.

URVC volunteers work in community agencies such as food shelves and mentoring programs. Roughly half of the volunteers are UMRA members, and John Anderson is one of them. In June alone, John reported 45 hours of service, in addition to all of the volunteer time he puts in for UMRA.

— Ron Anderson, UMRA President



Wanted: Volunteer tutors for adults

The U Retirees Volunteer Center has facilitated many tutoring and mentoring programs for adults this past year, but it has become clear that we are only scratching the surface.

The range of students and their needs is varied. Some programs focus on recent immigrants; others on citizenship test requirements. Classes for the general adult community and computer use skills are also offered. Another tutoring category is high school equivalency achievement. An ongoing University project helps international graduate TAs improve their American conversation usage.

The opportunities are wide ranging in location, student needs, and tutoring content. A weekly minimum commitment is expected (interviews and training are required for some). Some sample tutor/mentor projects for fall 2012:

- University of Minnesota “Partners-in-English” conversations with international graduate students—One-on-One Project, scheduled weekly with student; Group Setting with TAs (spouses and children may also attend), St. Anthony Park Library, Wednesdays, 4–6 p.m.
- Lutheran Social Services and Wellstone Center—schooling for immigrants

Please give serious consideration to offering your skills and experience. Reply to: urvc@umn.edu or phone the volunteers at the URVC office, 612-625-8016.

UMRA officers, board, and active volunteers honored at fall reception at Eastcliff

Some years ago, the University Retirees Volunteer Center (URVC), established a reception to honor the volunteers who contribute so much unpaid work and leadership to the University and the community.

This tradition continues, and again this year, on a beautiful September day, the University's First Lady, Karen Kaler, hosted the reception at Eastcliff, honoring the volunteers of URVC, UMRA, and OLLI (Osher Lifelong Learning Institute). A strong supporter of volunteerism, she joined the leaders of the three organizations—Al Levitan, Ron Anderson, and Steve Benson—in short talks thanking the many volunteers, especially retirees, who volunteered in many capacities over the past year.

Join us in saluting the volunteers of UMRA, key people who make our organization go and grow. We hope to see you at this event next year.



Karen Kaler and Lucy Levitan share a lighthearted moment, recalling their volunteer activities.

You, too, can be the key to UMRA successes

UMRA has openings for official representatives to the Alumni Association, the P&A Senate, and the Civil Service Senate. If you attend (or would like to attend) key meetings of these organizations, please let Ron Anderson or any Board Member know of your interest in serving UMRA.

In addition, there are openings on a number of UMRA committees including standing committees for Luncheons, Membership, and UMRA History, as well as new committees for Service Engagement and Social Networking.

As a committee member, you will contribute in important ways to the common good of UMRA, the University, and the community. If you might be interested in volunteering your services in any way, please contact Ron Anderson (rea@umn.edu or 952-473-5910).

On a beautiful September day, more than 75 people attended the gala Eastcliff event for volunteers. A great time was had by all.



Dave Naumann, UMRA webmaster, enjoys the fruits of volunteering at the Eastcliff reception.



Al Levitan, outgoing chair of the University Retirees Volunteer Center, takes the stage to welcome the honored guests with opening remarks. Waiting "in the wings" are URVC volunteer office manager Alan Kagan and the U's First Lady, Karen Kaler.

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Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA, and add them to your 2011-13 UMRA Directory.

Joyce R. Hegstrom, Labor Education Service/CHLEAR/
CSOM(IRC), Faculty
4015 Silver Lake Rd., Minneapolis MN 55421
612-386-8598; jhegstro@umn.edu

David W. Hunter, Medical School, Faculty
515 N. 1st Street #404, Minneapolis MN 55401
612-339-1401; 612-626-5570; hunte001@umn.edu

Sanford Lipsky, Chemistry, Faculty
425 5th St. S.E, Minneapolis MN 55414
612-331-8190; 612-624-9581; lipsk001@umn.edu

Mark your calendars for November luncheon

November 27 Luncheon — Kathryn Pearson, associate professor of Political Science, U of Minnesota, will give us a “Political Postmortem of the 2012 Elections.”

Workshop — At 1:30 p.m. a panel of poets led by Michael Dennis Browne will present a workshop on “Poetry to Flourish in Later Life.”

Visit the association’s new and ever-expanding
website: www.umn.edu/umra

The UMRA board thanks University Bookstores for their support of the October Newsletter and reminds members that UMRA members receive discounts at U Bookstores.

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