

UMRA U NEWSLETTER

A Communication of the University of Minnesota Retirees Association

MARCH 2014

Lance Brockman to speak on “The Theatre of the Fraternity” at March meeting

C. Lance Brockman, retired professor of Theatre Arts and Dance at the University, will be our speaker at the March 25 luncheon meeting. Professor emeritus Brockman has made many contributions to University and Twin Cities theater.

With a growing interest in theater during his college years, he joined a USO troupe that toured military hospitals and installations in



Japan, Korea, and Okinawa. The troupe performed *Once Upon a Mattress* for the wounded in those sites.

After finishing his degrees in technical theater, he

began teaching at Morehead State University in Kentucky. He came to Minnesota as an assistant professor in 1973, remaining here until 2013 when he retired as professor of Theatre Arts and Dance.

During that time, he held the position of University Technical Director and Scene Designer, supervising all student scenery and property designers and managing the work in the scenery and property shops; he was department chair from 1995 to 2001.

He also was the scenery and properties designer for dozens of University Theatre shows and others in the Twin Cities. Among those company productions were The Penumbra Theatre's *Black Nativity*, *Fences*, *Ain't*

Misbehavin'-The Fats Waller Musical; The Great American History Theatre's *A Dream Play*, *Meet Me at the Fair*; and Roundhouse Theatre's *Redshirts* in Silver Springs, Maryland. He has made 53 presentations at professional meetings, is a fellow of the United States Institute for Theatre Technology, and has served as a board member, presenter, and curator of a number of exhibits sponsored by the institute.

He is perhaps most well known in the Twin Cities for his writings and presentations about the destruction by fire of the University's showboat theater. A major force in the development of the University's new Minnesota Centennial Showboat, he worked in finding funds, purchasing a replacement vessel, and building the theater. Christening the new showboat was due, in large part to Lance's efforts. In addition, he was the scenery and properties designer for at least a dozen shows there.

Some years ago, he was given access to the facilities of the Scottish Rite Temple in Minneapolis and, after several years of research and study of the scenery used in their ceremonies, Professor Brockman published several works on “The Theatre of the Fraternity.”

In 1996 he served as the guest curator for the Weisman Art Museum's *Theatre of the Fraternity: Staging the Ritual Space of the Scottish Rite*. That exhibit toured to five other museums and universities. This will be Professor Brockman's topic for our March luncheon program.

— Hal Miller, Program Committee chair and UMRA President-elect

UNIVERSITY OF MINNESOTA

MARCH
LUNCHEON MEETING

Tuesday, March 25, 2014
11:30 a.m. – 1:30 p.m.

Featured Speaker

C. Lance Brockman, “The Theatre of the Fraternity”

Location

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

Menu

Cod with mushroom leek cream sauce, roasted potatoes, cabbage.
For vegetarian or gluten-free options, please request when making reservations.

Reservations ARE Required

Deadline: Thursday, March 20
Prepayment of **\$16** per person; annual prepayers **must** also make reservations.

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 deadline at 651-698-4387; e-mail:
Jleahy4654@aol.com.

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

Parking

Parking is available in the East River Road Garage or any ramp with UMRA's discount coupon — \$6 for the day.

Board Meeting at 9:30 a.m.

UMRA NEWSLETTER

On the Mystery of Health

Each time we head to a social gathering with people our age I ask my wife, “How many minutes will pass before someone mentions their joint replacement, new medication, or upcoming surgery?” A few minutes after we arrive and conversation begins, I start to smile and look at my watch—and I get a dirty look. But at our age health is no joke.

For some wisdom on this subject, I turned to a recent article in the *Mayo Clinic Health Letter*, “Reliable Information for a Healthier Life” (Jan. 2014, p. 7), excerpts from which I would like to share.

Most of us know this familiar scenario: You’ve changed into the exam gown for your annual checkup, feeling resigned as you consider the likely discussion—aching joints, blood pressure, sore back, and probably medication changes to treat this, that, or whatever else has cropped up.

Salutogenesis. Why not focus on building health instead of just fighting disease and physical deterioration? That’s a good question, and it points to a theory about health that centers on how you perceive your life and the factors shaping your perception. The concept of salutogenesis (literally: origin of health) shifts attention from what causes disease to what supports health and well-being.

Seeing health differently. The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Medical sociologist Aaron Antonovsky developed salutogenesis theory by studying Holocaust concentration camp survivors who emerged emotionally undamaged. He concluded that a person’s ability to successfully weather life’s bumps and bruises depends on two things:

(1) Having resources that help you understand and structure your life (generalized resistance resources) — these may be tangible, such as money or housing, but they’re also the knowledge and skills you develop in life. Examples include life experiences, intelligence, social support, and traditions.

(2) Being able to make sense of the world (sense of coherence) — this allows you to use your resources to manage the stresses you encounter in life.

It seems to me that there are lessons here for UMRA members, and guidelines for UMRA-sponsored activities.

Aging is a process. Maybe you’ve said “getting old isn’t for sissies.” It can be discouraging to focus on imagined snapshots of what may lie ahead. But those imaginings aren’t reality. Aging is an ongoing, ever-changing process; it’s generally unhelpful to dwell only on possible future pitfalls. Instead, life lived in the present moment—bringing a mindful approach to all aspects of your life—can help you navigate through the storm of a sudden health crisis or come to terms with a chronic condition.

Moving forward despite new or ongoing challenges can be helped by your social supports—such as family, friends, caregivers, or religious community—and shaped by your experiences. Social supports and life experiences can be protective factors. To a certain degree they can help predict how you’ll do in life.

But we can handle it. Older adults usually enjoy enhanced capacity to make sense of our world because of previous experiences in managing stressful situations. Your capacity to make sense of the world influences how you view yourself as you age. One study of 205 older adults with physical illnesses or disabilities found that most considered themselves to be aging successfully. Another study of 1,900 women over 60 came to the same conclusion—most who considered themselves successful in aging didn’t meet objective criteria for having good physical health.

So, multiple things help support health—multigenerational relationships, study, counseling, and support groups can all make a difference, with each offering the potential to add perspective and depth to your understanding of health.

We remain mindful of these lessons when it comes to ways in which UMRA can offer some of these supportive experiences. And, as UMRA’s committee members continue their good work—we welcome your full participation.

— John S. Adams, UMRA President
adams004@umn.edu

Workshop on March 25 will address “weathering our losses”

Janice Nadeau, Ph.D., will lead UMRA’s March Living Well in Later Life workshop on “Weathering Loss in Later Life.” The workshop follows our luncheon on March 25 at approximately 1:30 p.m.

Janice Nadeau is a licensed psychologist, marriage and family therapist, and master’s prepared nurse. She has had a private practice in the Loring Park area of downtown Minneapolis for more than 25 years. She provides individual, couple, and family therapy for a wide range of issues, but often dealing with death, dying, bereavement, and losses associated with aging, chronic illness, life transitions, and relationship endings.



Nadeau’s doctorate is from Family Social Science at the University of Minnesota. She is the author of *Families Making Sense of Death* (Sage, 1998), a pioneering and very influential analysis of the ways in which family members together make meanings of a death, the ways family meanings may differ from the personal meanings family members hold, and the family dynamics and politics involved in meaning-making.

Nadeau’s doctorate is from Family Social

Science at the University of Minnesota. She is the author of *Families Making Sense of Death* (Sage, 1998), a pioneering and very influential analysis of the ways in which family members together make meanings of a death, the ways family meanings may differ from the personal meanings family members hold, and the family dynamics and politics involved in meaning-making.

For her leading-edge work as a practitioner, writer, and public speaker on death, dying, and bereavement, she was elected to membership in the International Workgroup on Death, Dying, and Bereavement, a select group whose members are world leaders in research, theory, and the provision of services. She is a speaker, keynoter, workshop leader, teacher of online classes, classroom teacher, and provider of webinars, who is widely acclaimed for her tuned-in, supportive, knowledgeable, caring, and (as appropriate) quite humorous presentations.

In her UMRA presentation she will identify some of the obvious and not-so-obvious losses that accompany older age. She will help us to think about the possible value of recognizing and naming our losses and making something of them, which is not necessarily encouraged in our society. She will bring in the role of meaning-making in dealing with losses and address what “healthy” grief might look like. In a presentation that will in part involve interaction with those in attendance, she will also suggest things that we can do to weather our losses.

Join us for discussions on a topic that is important to us all, at every stage of our lives. The workshops are held from 1:30 to 2:30 p.m. after the UMRA monthly luncheon. You are welcome to attend this workshop whether or not you attend the luncheon. The workshop is free.

— Paul Rosenblatt for the UMRA Cares and Workshops Committees

Activism for wide-ranging interests stirred by February workshop, program



The February workshop stimulated an interest in forming an international interest group. More than 20 members participated in a discussion of the international activities described by Vincent Hunt, Bob Patterson, Karen Lilley, and Joseph Mestenhauser.



Members offer their ideas for ensuring a brighter future for classical music and great orchestras as they talked with speaker Lowell Noteboom, following his presentation at the February luncheon.

Plethoric, Profuse, Prodigious opportunities

Yes, that headline was constructed precisely to get your attention! Did it?

It is my pleasure to write a statement for each UMRA Newsletter issue, inviting you to look into the projects offered by the University Retirees Volunteer Center (URVC). My sole purpose is to seek the kinds of activities that could justify your desire for a better world and your personal satisfaction. Therefore, in this issue I am simply going to toss out a variety of current projects in the hope that one will excite your interest.

- *Hamlet* (April 17, 18, 19, 24, 25, 26, 27). The Rarig Center theater needs ushers, and you will get to see this superb performance by our University students, directed by Barbara Berlovitz.
- Do you bowl? Be an “Adaptive Bowling Assistant” on Saturday mornings in Eden Prairie for people with developmental disabilities.
- The Young Authors Conference (March 20; May 27-30). Guide and monitor students, grades 4 through 8, in a variety of programs and book fair at Bethel University.
- Food for Young Minds — This important service was described in last month’s (February) issue of the Newsletter. Meals for Young Minds is a food distribution program for the families of elementary school students. Funded by the Target Corporation, it takes place monthly at 11 elementary schools in the late afternoon or early evening. Select an elementary school close to you, and request the schedule.
- Ushering for concerts at Ted Mann Hall.
- International teaching assistants and their families need help with English usage. Coach conversations in the Partners-in-English program.
- Museums: docents and assistants are needed.
- Here’s a fabulous one: be a star addition to our URVC office staff, please. One morning or afternoon weekly; free parking on campus; single-person office.

There are plenty more. Check out all the great volunteer opportunities. Call 612-625-8016 or send an e-mail to urvc@umn.edu.

Your guides to future fulfillment,

— Alan L. Kagan and Sally Schakel, project directors

See the newsletter online, delve into the photo archives, and stay current on news for retirees — there’s always something new on UMRA’s ever-expanding website: www.umn.edu/umra

U Health Benefits plans for retirees enroll 2,686 for 2014

The new enrollment figures are now in from Employee Benefits for the 2014 Retiree Health Plan. Overall, some 2,686 of us and our spouse/partners 65 years of age and older signed up for coverage under this year’s offerings (1,876 for retiree only and 810 for family coverage), which is an increase of 0.1 percent from last year.

By plan, Health Partners 65+ remains the most popular option with 903 (33.6 percent) of the enrollees, followed by Blue Cross Blue Shield’s U of M Retiree Plan with 805 (30.0 percent). Medica’s Group Prime Solution was selected by 637 (23.7 percent); U Care for Seniors by 284 (10.6 percent); and Health Partners National plan, 57 (2.1 percent).

In addition, 260 retirees (9.7 percent) opted to obtain coverage through one of the new lower premium/higher out-of-pocket cost options, which were offered for the first time this year through the five participating carriers: 89 (3.3 percent) chose Health Partners 65+; 86 (3.25 percent), Medica Group Prime Solution; 54 (2.0 percent), U Care for Seniors; 17 (0.6 percent), Blue Cross Blue Shield’s U of M Retiree Plan; and 14 (0.5 percent), the Health Partners National Plan.

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

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA when you see them at lunch meetings. We have one new member this month. Please add her information to your UMRA Directory.

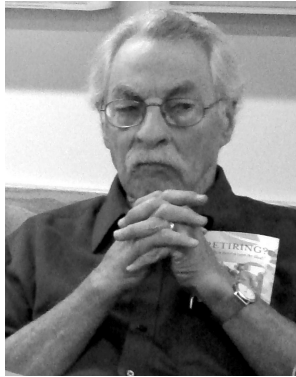
Kay A. Thomas, International Student and Scholar Services,
P & A
168 6th St. E. #4303, St. Paul, MN 55101-2908
612-877-1416; kthomas@umn.edu

Discount parking for UMRA members

Members of UMRA enjoy the privilege of parking on campus up to an entire day for only \$6. Thanks to Parking and Transportation, members may obtain coupons that reduce hourly fees to the single all-day fee, with the exception of parking for special events. Obtain coupons: (1) at any UMRA luncheon; (2) when renewing your membership; (3) by sending a request and self-addressed, stamped envelope to John Anderson, 1332 Como Blvd. E., St. Paul, MN 55117.

UMRA, innovative journal lose a good friend

We deeply regret the death of Professor Emeritus Martin Dworkin, 86, who along with his numerous accomplishments over the course of a long and eminent career, was the founder and editor-in-chief of the *Journal of Opinions, Ideas, and Essays* (JOIE). The online journal, sponsored by the University of Minnesota and operated by UMRA, recently came into being last fall, principally because of his efforts.



He will be greatly missed.

To honor the memory of Professor Dworkin, we encourage UMRA members to consider writing articles for publication in JOIE. Instructions to authors may be found at <https://www.lib.umn.edu/joie/submissions>.

— Victor Bloomfield

Your ideas and expertise are needed

UMRA needs organizational volunteers to keep the retirees association growing and meeting its members' needs. We are especially interested in involving those who have joined UMRA in recent years and may be able to offer new perspectives to established committees. Your ideas and your energy can contribute in many ways to the organization.

Please consider serving on an UMRA committee. UMRA committees and their chairs currently include:

- Program: Hal Miller, miller@umn.edu
- Membership: John Anderson, ander049@umn
- Communication and Technology: David Naumann, dnaumann@umn.edu; Earl Nolting, enolting@umn.edu
- Service Engagement: Victor Bloomfield, victor@umn.edu
- Professional Grants Program: Jan Hogan-Schiltgen, jhogan@umn.edu
- UMRA Cares: Van Linck, avlinck@comcast.net, and Earl Nolting, enolting@umn.edu
- Luncheon: Ben Zimmerman, Judy Leahy Grimes

If you are interested in learning more about the work of any of these committees, please contact the chairpersons listed.

As an organizational volunteer, you will not only serve fellow retirees, but you will also find that getting involved is a great way to get to know others and make new friends.

Committee solicits nominations for UMRA's Outstanding Service Awards

UMRA's first awards recognizing retirees for special service were presented at the Annual Meeting in May 2013. The inaugural Outstanding Service Awards went to Judy Leahy Grimes for UMRA Service; Paul Rosenblatt for University Service; and Gary C. McVey for Community Service.

There are many more deserving retirees in our midst whose service should be recognized as well. You know best who they are, so please nominate your fellow UMRA members for outstanding service in one of three categories:

1. **Outstanding Service to UMRA**, recognizing exemplary voluntary contributions to the organization of UMRA.

2. **Outstanding Service to the University of Minnesota**, recognizing outstanding unpaid work toward fulfilling the mission of the University. Examples might include:

- Continuing to advise graduate students and serve on their dissertation committees;
- Collaborating on research and/or writing projects;
- Teaching special topics courses to nontraditional audiences, e.g., freshman seminars, summer session, life-long learning courses;
- Participating and presenting at professional conferences.

3. **Outstanding Service to the Greater Community**, recognizing activities that address such issues as social services, environmental quality, community health, early childhood education, underprivileged populations, immigrant services, international organizations, local government boards, or other activities that address societally important needs.

To learn more about last year's awards, see the May 2013 issue of the UMRA Newsletter, page 4. Archived issues can be accessed on UMRA's website: www.umn.edu/umra

Please send your nomination(s) — one page or less should suffice — to Victor Bloomfield, chair, UMRA Service Engagement Committee, by e-mail at victor@umn.edu. Nominations should be received no later than April 30, 2014.

Awards will be presented at the Annual Meeting, May 27.

Photo Club meets on 'last Fridays'

The UMRA Photo Club meets monthly on the last Friday of each month (1 to 3 p.m.). Upcoming meetings are March 28, April 25. New members are welcome. The group meets at Hennepin County Library, St. Anthony branch, and often goes to lunch beforehand. To learn more, please contact Vic Bloomfield, victor@umn.edu, or Jean Kinsey, jkinsey@umn.edu.

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

First Class Mail
U.S. Postage
PAID
Twin Cities, MN.
Permit No. 90155

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 _____

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 family and friends of:

Martin Dworkin, Microbiology faculty, died February 6, 2014. He had been an UMRA member since 2004.

Dr. Mary Helen Pennington, Boynton Health Service faculty, died January 20, 2014. UMRA member since 2000.

Harlund (Hal) G. Routhe, faculty in Continuing Education and Minnesota Extension, died January 29, 2014. He joined UMRA in 2006.

UMRA Cares Committee offers support

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

The Board of Directors and members of UMRA thank the University of Minnesota Foundation for their assistance in sponsoring UMRA's March Newsletter.



**A gift for the U,
lifetime payments for you**

A charitable gift annuity provides support for the University of Minnesota, and also provides fixed payments to you, or up to two people you choose, for life. You can designate your gift for any college, campus, or program at the U of M.

Example rates:*

70-year-old = 5.1%	75-year-old = 5.8%
80-year-old = 6.8%	85-year-old = 7.8%

To learn more or to see an illustration, contact Lynn Praska at lpraska@umn.edu or call 612-624-4158.

*Rates for two lives are lower.

UNIVERSITY OF MINNESOTA
FOUNDATION