

NOVEMBER 2014

John Adams to speak on “How Metropolitan Areas Work” at November luncheon meeting

At our November 18 luncheon meeting Professor John S. Adams will speak on the topic “How Metropolitan Areas Work.”

John Adams, now immediate past president of UMRA, is well qualified to address the subject of metropolitan areas. As professor of Geography, Environment, and Society in CLA and of Planning and Public Affairs in the Humphrey Institute, he has taught classes, done research, and directed master’s and doctoral students in urban studies.

Adams has written, edited, and co-authored articles, books, and reports on the American city; on regional economic development; on



intra-urban migration; and on housing markets, urban transportation, and urban development in the United States and the former USSR. Among his

courses and seminars were Human Geography, Urban Geography, American Cities—a two semester course focusing on population analysis, housing demand, land use, and transportation, and the metropolitan economy—and The Twin Cities of Minneapolis–St. Paul, and Russia and Environs. His publications are numerous and impressive in the area of spatial organization in cities and environs.

Professor Adams received his B.A. in economics and mathematics from the

University of St. Thomas and his M.A. in economics at the University of Minnesota. He completed his Ph.D. in economic geography at Minnesota in 1966, going on to teach at Pennsylvania State University until he was invited back to Minnesota in 1970.

In administrative roles at the University, he was director of the University of Minnesota School of Public Affairs, 1976–1979, and then was the first director of the Humphrey School of Public Affairs—the University’s graduate school of public policy, urban and regional planning, and public/nonprofit management. In the College of Liberal Arts, he directed the Urban Studies Program and served as acting director of the Master of Planning Program, 1971–79. After his retirement from the Department of Geography, he served as interim associate dean of the Humphrey School of Public Affairs, 2007–08.

Adams has also served in several capacities outside of our University. He was visiting professor at Olsztyn University and Marie Curie–Skłodowska University in Poland, at the U.S. Military Academy at West Point, and as a Fulbright Professor of Geography at Moscow State University in the USSR. He served as economic geographer in residence at the Bank of America World Headquarters while as visiting research fellow at the Institute for Urban and Regional Development at the University of California, Berkeley, and he was Fulbright Professor at the Interdisciplinary Institute for Spatial Organization at the Economic University of Vienna in Austria.

Adams: Continued on page 5

UNIVERSITY OF MINNESOTA

NOVEMBER LUNCHEON MEETING

Tuesday, November 18, 2014
11:30 a.m. – 1:30 p.m.

Featured Speaker

John Adams, professor emeritus, Geography, University of Minnesota

“How Metropolitan Areas Work”

Location

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

Menu

Atlantic cod with roasted tomato sauce over fennel, potatoes, and kale. For vegetarian or gluten-free options, please request when making your reservations.

Reservations ARE Required

Deadline: Thursday, November 13

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 Nov. 13.

Parking

Parking is available in the East River Road Garage; with UMRA’s discount coupon—\$6 for the day.

FROM THE PRESIDENT

What epidemics tell us about caregivers

Most of us, in an aging population, have faced, are facing, or will face the reality of caregiving. After raising children, we became caregivers of parents, spouses, and other family members. We now are, or soon will be, in need of caregiving for ourselves.

Of particular concern, as I write this, are the caregivers involved in the growing threat of Ebola that is sweeping West African countries of Liberia, Sierra Leone, and Guinea. What we may have thought was far away in another continent has already come to our shores. We have just witnessed the death of a Liberian who flew into Dallas. As many as 40 people in Texas Health Presbyterian Hospital, as well as his family members, were exposed to him, and we read of the infection of a Dallas health worker who cared for him.

Described by some as the next AIDS epidemic, Ebola was first discovered in 1976 in remote areas of Africa. Deadly as it was, it ran its course, and the very isolation of rural areas helped to end its threat. But now Ebola is in African urban areas, and it travels from house to house and city to city—and from there, continent to continent. In September, the Centers for Disease Control (CDC) estimated that, unless much more is done much more quickly, the toll of the disease in West Africa could strike as many as 1.4 million by January.

At particular risk are the family members of the infected, who are the first line of caregivers. They, in turn, are infected, and many of them die from the disease. Next are the local health workers who are exposed to the sick as they treat them, but often without adequate training and equipment. According to the October 13 issue of *Time* magazine: “The disease has taken the lives of 92 local health workers and has caused others to abandon their posts out of fear.”

African treatment centers are overwhelmed. The *New York Times* for October 11 carries a headline, “Officials Admit a ‘Defeat’ by Ebola in Sierra Leone—Tell Families To Care for Victims at Home because Clinics Cannot Keep Up.” Dr. Peter Kilmarx, the leader of the federal Centers for Disease Control and Prevention team in Sierra Leone agreed that “the risks of dying from the disease and passing it to loved ones at home were serious under

the new policy. ‘You push some Tylenol to them, and back away,’” Dr. Kilmarx said, describing [the policy’s] obvious limits.

As Ebola is spreading exponentially, calls for international help have gone out for workers, equipment, and medicines. The U.S. is sending 3,000 troops to build 17 100-bed treatment centers. Doctors without Borders has been eagerly searching for help and has opened treatment centers in Liberia, Guinea, and Sierra Leone but, as yet, the response has not kept close to the need.

Who are these caregivers? Susan Donaldson James, in an NBC report, characterized them as religious, selfless, and heroic. Her report features Dr. Kent Brantly and Ms. Nancy Writebol, Christian missionaries and the first Americans to contract Ebola. James quotes Dr. William Schaffner, an infectious disease specialist at Vanderbilt Medical Center, who says of Brantly and Writebol:

“Their mission is deep and strong. It is humbling: Many medical volunteers who put their lives in danger to help others go overseas because of a deep religious commitment and wish to express their faith.”

Of course, not all of today’s volunteers are motivated by religious faith. Dr. Schaffner describes them: “They have a sense of service. Kind of like grown-up Boy Scouts.”

James also quotes Dr. Arthur Caplan, director of Medical Ethics at NYU’s Langone Medical Center (and formerly at U of M Medical School), who says of caregivers:

“You see people who want to help those who are desperately in need and the challenges are fixable. And there are those with a social justice calling. Whatever their motivation, they really do care.”

Though Caplan’s words are referring to Ebola workers, these motivations are present to some extent in every caregiver—from parents who care for their children, to children who take responsibility for failing parents, to nurses

and doctors, priests, and laypeople. They bless us, and we thank them.

— Hal Miller, UMRA President
miller@umn.edu



Where to live? November workshop continues examining the choices as we age

The “living well in later life workshop” on November 18 continues to look at the question of where to live as we age. What factors should we take into account? How do we prepare for five, ten, fifteen, twenty years from now?

The Minneapolis–St. Paul metropolitan area is rich with housing options for an aging population. This workshop series began in October by describing and examining the factors in making a decision about moving and the various housing options available. More than 40 people attended.

In this, the second of three workshops planned by the UMRA Cares committee, Marilyn Bruin and Becky Yust, professors in the College of Design, will lead a panel discussion with UMRA members who have experienced making a move away from the “traditional” single family residence.



The workshops follow the luncheon programs in Campus Club ABC and everyone is welcome to attend.

The Cares Committee

invites volunteers to participate on this panel and to briefly describe their decision process and how they feel the new living arrangements are working out. Your experience will be very valuable to your fellow retirees.

Everyone who is contemplating a decision about where to live in retirement will find these workshop discussions helpful in examining the factors involved and finding their best individual paths.

Call for volunteer panelists to discuss... 'How we chose where to live and why'

The Cares Committee and workshop leaders seek UMRA members who have moved from single family dwellings to a new living arrangement to participate in a panel discussion about their move. Please contact us if you have selected one of the following models and would like to tell us about it:

- Independent living in an apartment or condo
- Senior-only condo or apartment building
- Cooperative unit – including the senior cooperative at 1666 Coffman
- Special-needs, senior-only housing: assisted living
- Retirement facility with “continuity of care” services
- Specific care services—memory units, other services

Since there are many possible options, discussions of each setting will be brief.

To volunteer, please call the UMRA office (612-626-4403) or send an e-mail to umracares@umn.edu with your name, housing, and phone number: Questions—call UMRA Cares committee co-chairs: Van Linck (651-490-385) or Earl Nolting (651-633-4333).

October reception welcomes new members reception with slide show and orientation



Board members and new UMRA members meet and mingle before the October luncheon meeting. This popular gathering, in its third year, is fast becoming an annual tradition.



John Anderson, chair of the Membership Committee and emcee for the welcome program, introduces a pictorial synopsis of UMRA with the video he produced.

“The Economics of Aging” by David Wise— excerpts provided by John S. Adams

A recent report from the National Bureau of Economic Research (NBER) presents a treasure trove of ideas, analysis, and source materials for UMRA members interested in one of the most important demographic, social, and economic transitions of the twenty-first century. The underlying focus of the NBER program on the economics of aging is “the study of the health and financial well-being of people as they age, and the larger implications of a population that is increasingly composed of older people.”

“Today, the substantive importance of research on aging has never been greater,” Wise writes. “The long-anticipated aging of the baby boom generation across the threshold of eligibility for Social Security and Medicare has arrived. Baby boomers are now between the ages of 50 and 68, and their initiation of retirement benefits is accelerating. The societal impact of aging baby boomers is compounded by increasing longevity. In just the next 20 years, the U.S. population aged 65 and older is projected to increase from 43 million to 76 million people.”

“The implications of these demographic trends are extensive, yet they are just one part of a complex dynamic of changing factors affecting people’s well-being as they age. One such factor is a marked shift in employment-based retirement policy, away from traditional defined benefit (DB) pension plans and retiree health benefits, and toward 401(k)-type plans in which individuals manage their own retirement assets. Another factor is the implicit continuing changes in the public programs that benefit older people, most notably Social Security, Medicare, and Medicaid, as financial pressures from the current provisions of these programs intensify. A third factor is the substantial and ongoing effects of the Great Recession, many of which are still being assessed.”

“The landscape of health and health care is changing rapidly as well, with lower disability rates by age, continuing advances in medical technology and disease management, increases in health care costs, and significant reforms in health policy. Health affects one’s ability to work at older ages, and is strongly associated with financial well-being. Our aim through program research is to advance our understanding of well-being in all its dimensions and to determine what can be done to improve well-being in this rapidly changing environment.”

“The research composition of the NBER’s Program on Aging has evolved as the economics of aging field has matured. The overarching goal is to understand the health and

financial well-being of people as they age, how well-being is affected by the changing environment in which people live, and what interventions might be effective in improving health and financial well-being. What is most apparent from the research carried out by program affiliates is the integral relationship between the multiple dimensions of people’s well-being.”

“As we confront the demographic challenges of a substantially larger population of older people, opportunity lies in three sets of trends, all of which are a focus of continuing research. First, saving in 401(k) and similar plans is now a mainstream aspect of retirement preparation. Though large parts of the population appear to save too little, and access to employment-based saving programs is far from universal, a policy foundation for the accumulation of personal retirement resources is in place, and financial preparation can be improved through saving-related interventions.”

“Second, many though not all measures of health are improving, and these improvements can be accelerated through health-related interventions.”

“Third, it may be possible to allocate some of the bounty of longer and healthier lives to prolonging the labor force participation of some older workers, thereby helping to pay for higher Social Security and health care costs, and moderating the macroeconomic challenges we collectively face. But whether people work or retire at one age or another depends significantly on how we structure our public policies and work environments. Each of these issues is being considered in ongoing program research.”

To read the complete report, along with the many sources used in its preparation, see NBER Reporter 2014, No. 2 at: <http://www.nber.org/reporter/>. These and related issues will help guide UMRA workshop programming and membership recruiting during the coming years.

— John S. Adams, Past President

UMRA Book Club invites discussions of both fiction and non-fiction at monthly sessions

The UMRA Book Club, founded in March of 2011, meets on the third Friday of every month at 2 p.m. at the 1666 Coffman Building, off Larpenteur, near St. Paul campus.

The November book is *Deafening* by Canadian author Frances Itani. Each month a book is selected by a member who then acts as discussion leader. Our 2015 book list will be created at the November meeting; no meeting is planned for December. Contact Pat Tollefson, p-toll@umn.edu.

Professional grants for retirees—coming up on the application deadline, December 10

We're coming down the stretch—less than one month to go! The deadline for the 2015–16 Professional Development Grants for Retirees applications is December 10, 2014.

Do you have a scholarly project or new creative interest that you want to pursue that could be assisted with a small grant (up to \$5,000)? All University of Minnesota retirees—faculty, professional and administrative, and civil service—from the Twin Cities and coordinate campuses are eligible to apply. Awards will be announced by March 1, 2015; commence on April 1, 2015; and end on June 30, 2016.

Eligible expenses include travel and per diem costs related to research trips and conference participation, stipends for undergraduate and/or graduate students, photocopying, the purchase of books, computer, software, and other relevant costs. Ineligible expenses include salary for the applicant and institutional overhead charges.

Are you thinking you'd like to work with students? The Undergraduate Research Opportunities Program (UROP)

has agreed to fund the cost of undergraduate assistants who work with grantees of these awards.

This is the seventh cycle of UMRA's annual Professional Development Grants for Retirees (PDGR) program which operates in collaboration with the Office of the Vice President of Research.

Details for submitting proposals are in the guidelines posted on the UMRA website at <http://www1.umn.edu/umra/grants/php>. As well, you may view the description of past funded projects on these web pages.

If you have questions, please contact Jan Hogan, the chair of the grants committee, jhogan@umn.edu. Or talk with any of the PDGR committee members: John Howe, Joanne Eicher, Russ Hobbie, John Adams, Dick Caldecott, Judd Sheridan, Paul Quie, Kim Munholland, Cal Kendall, Kathy O'Brien, Roger Clemence, Louis Janus, Dick Poppele, Bob Holt, Craig Swan, and Hal Miller.

— Jan Hogan-Schiltgen, chair, PDGR Committee

Adams on Metropolitan Areas: Continued from page 1

Since his retirement John Adams has been active in supporting many activities of the University.

Most recently, he served as the president of UMRA, during which he made special efforts to improve our organizational connections with the regents, central administration, college deans, and faculty at the University of Minnesota. His work has truly been impressive, and he has given us great leadership in those efforts.



We now look forward to hearing him discuss “How Metropolitan Areas Work” on November 18.

— Hal Miller, UMRA President

Invite a retiring friend to lunch!

Do you have University friends or colleagues who are planning to retire soon or in phased retirement now? Introduce them to UMRA with an invitation to join you at the next luncheon meeting. What better way to let them know how they can stay connected to their University and colleagues in the next chapter of their lives?

'Tis the season to schedule a check-up (and renewal) of your U health care plan

Yes, it's that time of year once again when those of us 65 years and over will have an opportunity to renew our medical and dental health care coverage under the University's Retiree Health Care Plan.

Open enrollment is November 1 to November 30.

This year's open enrollment is scheduled to run from the first of November to the end of the month, and it includes the same four participating carriers—Blue Cross/Blue Shield, Health Partners, Medica and U Care. As last year, each carrier is offering two plan options.

Anyone planning to change carriers or change a plan option will need to submit a new enrollment form, which will be included in the new Benefits Guide you should receive from Employee Benefits within the first weeks of November.

To assist you in making this important decision, you can call on the counselors at Employee Benefits () or talk with them by attending this year's Benefits Fairs—November 11, 10 a.m. to 3:30 p.m. in the Great Hall in Coffman Memorial Union and November 12, same hours in the North Star Ballroom, Student Center in St.Paul.

— Ted Litman, UMRA representative to the Benefits Advisory Committee

To help a friend is to help ourselves—and is the sincerest form of volunteering

Although there are dozens of volunteer opportunities available through the University Retirees Volunteer Center (URVC), sometimes the right activity just presents itself—sometimes it's right there in our circle of friendships and acquaintanceships.

Such is the case for Linda VanDuzee, a retiree from the School of Music. As the former managing director of the Ted Mann Concert Hall, she might be expected to “take charge” when it comes to volunteer work. A member of the URVC board of directors, she agreed to tell us about a “self-initiated volunteering” assignment she engages in from 7 to 21 hours per week.

If you are engaged in a similar self-initiated volunteer assignment, please write to urvc@umn.edu, and tell us about it.

— Volunteering came rather late in life for me

During my work life, I always seemed to have too many responsibilities to take on yet another. And when would I fit in more hours away from my family? Once I retired, free time still seemed hard to come by; all those books to read, food to cook, house to clean.

Then, several months ago, a good friend became seriously ill. During the surgery to diagnose brain cancer, she lost part of the function of her right hand, arm, leg, and foot. She no longer can drive and has a hard time walking very far, even

with a walker. I took her dog while she was hospitalized and would stop in to see her frequently. With the help of other friends (she has many), we got her to her doctor's appointments, radiation, and physical therapy.

Since that time, her condition has stabilized, but the physical function has not returned. I have been able to help her ready her home to sell so she can move into senior housing. I drive wherever she wants to go. Each week we make a plan to grocery shop, run errands, lunch, visit, and shop together. We have joint custody of her dog as she is unable to take the many walks the dog was accustomed to getting.

It's a win-win proposition: I enjoy her company and the activity gets me out of my chair. She is able to live more independently and is more in control of her living situation.

It's a fun way to volunteer. We negotiate the times and days that meet both our schedules. I have plenty of time to do all the other things I want to do, and she has time for her many other friends. I like that it keeps me mentally and physically active and out in the community, something that can be difficult for a terminal introvert like me.

Volunteer—You'll like it.

—Linda VanDuzee, URVC Board Member

Photo Club: fun, fellowship, and 'fotos'

Although at most meetings of the club the agenda is sharing photos, photo tips, and ideas, sometimes we gather in a

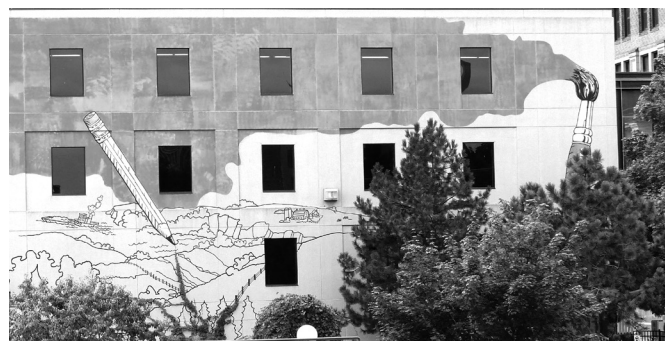


Waiting for the LRT near the U on a beautiful September day. What an adventure, and for only for 75 cents!

Twin Cities location for a photo shoot. Such was the case this September when members boarded the Green Line near the U for a ride into St. Paul to shoot architecture, people, and street art along the way. Amazing what one sees through the lens of a camera or photographer's eye.

Most meetings of the club are at the Hennepin County, St. Anthony Public Library (2941 Pentagon Dr., N.E., St. Anthony) on third Fridays from 1 to 3 p.m.

If you are interested in joining, please contact Craig Swan, swan@umn.edu, or Jean Kinsey, kinsey@umn.edu, for more information.



Keep your eyes open when you ride the Green Line in St. Paul. The street art is extraordinary.

Sharing our ideas and resources—

From the Cares Committee desk

In the October Newsletter, the UMRA Cares Committee launched a new column, offering the opportunity for readers to share books, ideas, and resources. The committee invites UMRA members to share a resource they have found useful in understanding aging and care giving. Send in your contributions with a short descriptive note to UMRA Cares at umracares@umn.edu or talk with the committee co-chairs Earl Nolting at enolting@umn.edu, or Van Linck at avlinck@comcast.net for more information about how to contribute to this monthly column.

Keeping our brains fit

You may remember that the Cares Committee cited the following book in the February 2014 newsletter: *Learn Faster and Remember More* by David Gamon, Ph.D., and Allen D. Bragdon.

I want to tell you why I liked this book so much. For one thing, it's a joint project of a neuroscientist and the editor of *Games* magazine, which makes it both informative and fun. Diagrams of the anatomy of the brain and other scientific information are provided, and then, instead of passively reading, you participate in short-term memory games and puzzles, which keeps your mind active all the time.

In acceptance of memory difficulties, memory aids also are suggested, such as tricks for remembering names. This book pushed me to use my brain more and gave me confidence and encouragement.

I suggest that there are many activities that UMRA members could do together that would stimulate our brains and encourage fun. We already have a book club and a photo club, but we could also have a Chess Club, Scrabble get-togethers, or Game Meets and explore more things we could enjoy together.

Socializing also is good for the brain. As the saying goes, "Use it or lose it." And scientific evidence has shown this to be true. I found that reading an interactive book like *Learn Faster and Remember More* helped me exercise my brain—and it was fun.

— Pat Tollefson, UMRA Cares committee member

Mark your calendars for upcoming programs

December — No meeting, no newsletter; please enjoy your holidays and we'll see you in 2015.

January 27— Speaker: Tom Fisher, dean of the College of Design, School of Architecture, "New Ways of Living."

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at luncheon meetings, and add them to your UMRA Directory lists.

Joanna L. George, Center for Allied Health, Civil Service
22950 Typo Creek Dr. N.E., Stacy, MN 55079-9349
651-462-4602; 651-334-3200;
georg008@umn.edu

Manjula Gopalraj, Plant Biology, Civil Service
1690 Highway 36 W #231, Roseville, MN 55113
651-636-4215;
manju001@umn.edu mgopalraj@yahoo.com

Joyce F. Guelich, Intercollegiate Athletics/Development/
Golden Gopher Fund, Civil Service
8121 34th Ave. S. #505, Bloomington, MN 55425-1649
952-858-8588; gueli001@umn.edu

Dennis Jones and Laura Pawlacyk, American Indian Studies,
P & A
4028 Longfellow Ave., Minneapolis, MN 55407
612-722-3215; jones112@umn.edu

Georgia and Donald E. Nygaard, School of Nursing/Boyn-
ton HS, P & A
2658 Mackubin Street, Roseville, MN 55113
651-484-9327; 651-336-2986; nygaa008@umn.edu

The Board of Directors and members of UMRA wish to thank the College of Continuing Education and its LearningLife program for sponsoring the UMRA November Newsletter. CCE also offers a 15 percent discount to UMRA members. See below for a message about course offerings.

Short Courses,

Immersion,

and Seminars



learninglife

Experience LearningLife!

Take advantage of these rich learning experiences with a community of active participants, featuring presentations by nationally and internationally renowned speakers.

A few upcoming courses include:

- Pablo Picasso: His Life and Art
- Shining Armor: Stories of the Middle Ages
- Religion and Modern American Politics
- Familiar Faces: Photographing Family and Friends
- Archaeology in Minnesota

cce.umn.edu/umra 612-624-4000

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In Remembrance

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

Dorothy Merwin, who died June 1, 2014, in Grand Junction, Colorado. Her husband Jack Merwin, Ed. Psych. emeritus faculty, continues as an UMRA member.

Call on the Cares Committee 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.

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

Thank you to the University of Minnesota Foundation for its sponsorship of UMRA's November Newsletter.



Grow a Legacy in Maroon and Gold

You have deep roots at the University of Minnesota. You can continue to nurture your area of interest at the U far into the future with a planned gift:

- Bequest in a will or trust
- Naming the U as a beneficiary of retirement assets or life insurance
- Gifts that provide an income to you or others

*For more information, contact
U of M Foundation planned giving
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612-624-4158 or lpraska@umn.edu*

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