

UMRA UNIVERSITY OF MINNESOTA NEWSLETTER

A Communication of the University of Minnesota Retirees Association

JANUARY 2015

New year opens with Dean Tom Fisher speaking on “New Ways of Living”

Tom Fisher, University of Minnesota professor of architecture and dean of the College of Design, will speak on “The Third Industrial Revolution—New Ways of Living” at the UMRA luncheon meeting, January 27.

Economist Jeremy Rifkin, in his book, *Third Industrial Revolution*, posited the third industrial revolution “...will fundamentally change every aspect of the way we work and live.” Professor Fisher utilizes this Rifkin hypothesis to theorize on the future impacts to the profession of architecture, our built



environments, our cities, the natural environment, higher education, and our values in society and cultures.

In his article, “Cities in the Third Industrial Revolution” (Huffington Post, 3/6/14), Professor Fisher wrote, “The Great Recession may well represent the start of what the economist Jeremy Rifkin has called ‘The Third Industrial Revolution.’ If the first industrial revolution of the 19th century ushered in the mechanization of hand labor, with the steam engine as its iconic technology, and the second industrial revolution of the 20th century arose with mass production and consumption of goods, with the assembly line as its icon, the third industrial revolution has emerged with computer-controlled fabrication technology, like 3-D printing.”

In his presentation Professor Fisher will build on this paradigm to explore what has already occurred in our economy, our cities, the place and way we live and work, and what can we expect in the future.

Tom Fisher is recognized as a national leader in architecture, design, and urban planning. He has a distinguished career in architecture and as an editor and editorial director of the professional journal, *Progressive Architecture*.

Since 1996, he has been dean of the College of Architecture at the University of Minnesota, and in 2005 he led the college through a consolidation with the design departments formerly in the College of Human Ecology to form the College of Design. He has been recognized for his research, teaching, and public service by the University of Minnesota, the American Institute of Architects Minnesota, and in the publishing profession.

Dean Fisher is a scholar, educator, community servant, and opinion leader. As a leader in his profession, he has served on 60 advisory committees and jury panels from California to Boston and New York City to Edina. He earned his bachelor’s degree in architecture from Cornell University and master’s in Intellectual History from Case Western Reserve University.

We are fortunate to have his academic and professional leadership as the dean of the University’s College of Design. And, we are delighted to have him as our January luncheon speaker.

— Kathleen O’Brien, Program Committee

UNIVERSITY OF MINNESOTA

JANUARY
LUNCHEON MEETING

Tuesday, January 27, 2015
11:30 a.m. – 1:30 p.m.

Featured Speaker

Tom Fisher, professor and dean,
U of M College of Design,
“The Third Industrial
Revolution—New Ways of
Living”

Location

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

Menu

Italian Sausage Lasagna
For vegetarian or gluten-free
options, please request when
making your reservations.

Reservations ARE Required
Deadline: Thursday, January 22.
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 dead-
line at 651-698-4387; e-mail:
Jleahy4654@aol.com.

Please honor the reservation
deadline date; if cancellations are
necessary, please call by Jan. 22

Parking

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

UMRA NEWSLETTER

FROM THE PRESIDENT

The impact of medical science

In 1960, January 1, I received a call from my brother-in-law in Colorado — my father had just passed away with heart failure. He had an attack several days earlier and the small town hospital in eastern Colorado had little to offer him—comfort and care, but not much healing.

On Tuesday, October 21, 2014, I experienced tightness in my chest. Because I already had a pacemaker and stents, I carried a small bottle of nitro pills. I put one under my tongue and headed to the emergency room at Fairview-Southdale Hospital. In quick order I was given an EKG and blood tests, admitted for observation, then moved to the heart wing, associated with the University of Minnesota heart specialists at Fairview. The next day an angiogram showed the need for triple-bypass surgery. Three days after I entered the emergency room, I was wheeled into the operating room; the bypass was completed. Four weeks later, I was home, entering cardiac rehabilitation and planning UMRA activities for January.

What a difference 54 years has made! How many more years would my father have had if pacemakers, angiograms, stents, and bypass surgery had been available in eastern Colorado in 1960? At that time some of these life-saving procedures were just being tried in a few places in the world, most notably in Minnesota. Take open heart surgery, for example.

In 2009 the American Heart Association publication, *Circulation*, carried an article by Dr. William S. Stoney, emeritus professor of Cardiac and Thoracic Surgery at Vanderbilt University School of Medicine. Tracing the development of open heart surgery in his article, “Historical Perspectives in Cardiology: Evolution of Cardiopulmonary Bypass,” Stoney detailed the contributions of Minnesotans to bypass surgery.

“There was a great deal of excitement about cardiac surgery developing at the University of Minnesota and the Mayo Clinic. It all started in 1945. The chairman of the University’s Department of Surgery, Dr. Owen Wangensteen, asked his younger faculty member, Clarence Dennis, to see if he could develop a heart-lung machine.”

Dennis did develop an early machine. Another of Wangensteen’s team, Dr. John Lewis, using patient hypothermia, conducted what Stoney called, “the first successful open heart operation ever performed.”

A third Wangensteen protégé, Dr. C. Walton Lillehei, is frequently referred to as “the father of open heart surgery.”

As Stoney puts it, “Once the heart-lung machine was developed and perfected, largely due to the work of Dr. John Gibbon of the Mayo Clinic and Richard DeVall of Lillehei’s team, the word of this new development spread rapidly through the surgical world. Surgeons could watch open heart operations in the morning, and in the afternoon they could visit the experimental laboratory where Devall and Vincent Gott would show them how to set up the bubble oxygenator and purchase one for less than \$1,000. It was this inexpensive device that made it possible for many medical centers to start a cardiac surgery program.”

Lillehei was responsible for a long list of contributions in the field and trained many young surgeons who became major contributors to heart research and surgery.

About this time, Dr. John Kirklin of the Mayo Clinic also began conducting open heart surgeries. Dr. Stoney writes, “For a brief period of time (1955-56) there were only two hospitals in the world where open heart surgery was being done on a daily basis: Lillehei at the University of Minnesota and, 60 miles away, John Kirklin at the Mayo Clinic. Surgeons came in droves from all over the world to see these two men at work.”

Clearly, Minnesota has made important contributions to the development of open heart surgery. From early experiments with heart-lung machines to the training of countless surgeons, this successful high-risk treatment of the ailing heart has lengthened the lives of thousands. Several UMRA members are among them.

As one of those survivors, and in behalf of many others, I thank doctors Wangensteen, Lillehei, Kirklin, and dozens of other Minnesotans working with them, for their contributions to bypass surgery.



It is easy to take successful operations for granted. Things that were considered terminal not so long ago are now held at bay or even cured. Our longevity is increasing, giving us the opportunity to live well in our later years.

— Hal Miller, UMRA President
miller@umn.edu

Where to live? Housing workshop continues with homes designed for aging in place

On January 27 the third and final workshop in the “Living Well in Later Life” series about housing choices will focus on making one’s current home work better towards the goal of aging in place.

Marilyn Bruin and Becky Yust, professors in the College of Design, will present recent research that addresses the risks and



consequences of not making changes to one’s current home and the major changes that can make a difference.

Many aesthetically pleasing choices for home modifications are available today, and we will look at some that allow successful aging in place. The guiding principles center on the application of universal design—the concept of designing products and the environment to be aesthetic and usable to the greatest extent possible by everyone, regardless of age, ability, or status. Discussions will include identifying the community attributes that best support aging in place.

The workshop follows the luncheon program in Campus Club ABC at approximately 1:30 p.m. Members as well as guests and prospective members are encouraged to attend.

Sharing our ideas and resources—

From the Cares Committee desk

If, after the housing workshops, you are interested in more information about housing options in the metro area, there is a reference you may find quite helpful. Look for the Senior Housing Directory, 2014-15 edition. This free annual publication of the Care Options Network organizes detailed information by type of housing: Condominiums and Cooperatives, Continuing Care Retirement Communities, Rental Housing and Townhomes, Assisted Living, Memory Care, Home Care, and Assisted Living Care Suites. It includes a Twin Cities map, divided into four quadrants, a list of Senior /Community Centers, and a comprehensive list of Resources and Services for Seniors.

This outstanding publication can be invaluable to anyone considering a move from their current residence. It is also available online at www.seniorhousinginc.org. A new 2015-16 edition is planned for spring distribution.

— Earl Nolting, UMRA Cares Committee

Letter to UMRA members—

Sharing our abundance as we downsize

At UMRA’s October and November workshops on housing, one topic of great interest for those “downsizing” was: *What do we do with our stuff?*

Many non-profit organizations in the Twin Cities take donations of furniture, clothing, and household goods of all kinds, and they get these things to households in need or resell them at prices that low-income families can afford. Absolutely everything that needs to go can be put to good re-use, and we’ll have the satisfaction of knowing that our treasured things will find new life, giving comfort and service to a new family.

So, I propose that UMRA become intentional about helping our neighbors in need by developing an information resource of such sites and organizations in the Twin Cities. Ideally this could be a page on our website, so that it can be kept up to date and shared widely. I’d also include consignment stores, assessors, services for downsizing and moving, and guidance about what kinds of files really ought to go to the University archives.

With your help, I am willing to compile this list.

Members, you can help by sending information about organizations or professionals you know of or have worked with to vandr002@umn.edu — include the address, contact, website, what kinds of donations they accept, if they pick up, and a sentence or two on your experience if you’ve used them. With small efforts we can have a big impact on the lives of our neighbors in need!

— Barb VanDrasek, UMRA member

Recapping the November workshop

At the November workshop on housing opportunities and choices, six UMRA members told their stories of moving from single family homes to another housing option, each having made a different choice. They talked about their decision processes, described the housing they chose, and shared both the good results as well as the things they miss.

The panelists represented the following models: townhouse, condominium for 55+, co-op for 55+, condominium with no age restriction, apartment rental—suburban and urban.

Van Linck described a two-step progression. After leaving the family home in Minnesota for a small town in Colorado where they experienced small town living, they moved back to the Twin Cities to a new townhome designed to be age-appropriate, where they built a new community of friends. She acknowledged that moving is an emotional

Moving — continued on page 4

Moving — continued from page 3

experience, especially when selling the family home, but living in a supportive community has been rewarding.

Vern Jensen moved some years ago to 1666 Coffman, a condominium developed with leadership from UMRA in 1986 and available to University faculty and staff, age 55+. It is an independent living community with no assisted living services, but with an evening dining service and many amenities available for the active residents. Sue Zuriff moved into Becketwood while she was still working, and found the building “homey” from her first visit. While also designed for active people 55 and over, Becketwood is a cooperative rather than a condominium. It provides daily, optional meals and many on-site amenities.

Shirley Zimmerman chose to purchase a non-age-restricted condominium in the Excelsior and Grand area because of its location near retail and services—important because she does not drive. Dave Naumann described leaving an architect-designed home with six gardens and making the leap to a rental apartment in Edina. The move required a change in mindset from caring for “stuff,” including a house; they are happy to have the freedom that renting brings.

Ron Anderson described a complex arrangement where they still own a large home on Lake Minnetonka, but chose St. Paul for their present home, a three-bedroom apartment in Kellogg Square, which he described as “urban utopia.”

Panel moderator Becky Yust asked the panelists to respond on several topics and the audience posed several questions. Some of the topics and their answers included:

Most difficult adjustments: Downsizing, downsizing, downsizing; finding new doctors, attorneys, stores, etc.; leaving memories behind; living without little things you are used to; less storage space.

Best things: Sense of community, new people with varied interests and talents, supportive environment; intergenerational community; good security; seeing the sun from early morning to nightfall high up—after living in the woods.

Downsizing: Discussion focused on two elements: developing the necessary mindset and finding resources to help sell or donate things. All panelists said that downsizing does get easier, and there are many helpful resources available.

As Dave Naumann said, “Aging is disconnecting.” And Van Linck advised that as you make these transitions, decide you are going to be happy.

— Julia Wallace

Survey: Managing your retirement funds

In January you should be receiving a questionnaire developed on behalf of the UMRA Board to determine member interests in financial planning. The results will be used to provide direction in planning workshops on topics that reflect your interests. This information will be gathered and reviewed on an anonymous basis. Please give it your attention and assist us with your opinions.

—Vernon Eidman, UMRA Representative to the
U Senate Committee on Financial Affairs

Professional grants program for retirees attracts 24 applications in seventh cycle

We are pleased to have received 24 applications from University of Minnesota retirees for a professional development grant by the December deadline. The Office of the Vice President for Research (OVPR) will appoint a review committee in January and subsequently arrange for a meeting of the reviewers to evaluate the proposals. The grant awards will be announced by the OVPR on or before March 1.

—Jan Hogan-Schiltgen, UMRA PDGR Committee

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.

Mary and Carl Hensley, Medical School—Clinical Neuroscience, P & A
112 N. Westminster St., Iowa City, IA 52245
1-319-337-6533; mary-hensley@mchsi.com

Alan K. Lathrop, University Libraries, Faculty
121 Washington Ave. S. #914, Mpls, MN 55401
612-673-9492; a-lath@umn.edu

Dennis and Scottie Livingston, Biochemistry, Molecular Biology and Biophysics, Faculty
1794 26th Ave. N.W., New Brighton, MN 55112-1702
651-636-5866; livin001@umn.edu

Lanny and Charlotte Schmidt, CEMS, Faculty
4852 13th Ave. S., Minneapolis, MN 55417-1115
schmi001@umn.edu

Deborah Snouffer, College of Education and Human Development, P & A
3705 45th Ave. S. Minneapolis, MN 55406-2910
612-729-3051;
debsnouffer@gmail.com; dsnouffe@umn.edu

Phyllis Walker, Law School, Bargaining Unit
1744 St. Clair Ave., St. Paul, MN 55105-1934
612-251-9987; phylliswalker99@gmail.com

Minnesota's higher education challenges:

Can UMRA members help?

Following up on his meeting with University deans last spring and the AROHE and Big Ten conferences in the summer, John Adams discusses how UMRA members may be of service.

It's tough being an academic officer in a research university or liberal arts college these days. Higher education challenges facing Minnesota and our country are greater than ever, a situation that presents an opportunity for UMRA. Can we do something to help?

Deans matter. Deans' jobs are hard. Deans are caught in the middle, facing external as well as internal challenges. A skeptical public wonders if it's getting from higher education what it needs and what it's paying for. Resource limits exist in several forms. Independent-minded faculty can be uncooperative, while staff members often prefer that things be done as in the past rather than in new ways aligned with redirected missions and new technologies. Organizational forms seem locked in concrete; money seems inadequate.

What's the Problem? Management gurus remind us, "Every organization or institution is perfectly designed to deliver the outcomes that we receive from it; if we want different outcomes, institutional redesign is required."

We know that strong universities are built on strong colleges composed of strong departments, but how can departments and colleges at the University of Minnesota improve their performance? And what can UMRA do to help?

What Can We Do? The UMRA board took up this question and has begun conversations with selected colleges asking how can UMRA members work with the colleges to figure out how we could help. Specific targets of action include: (1) working with human resource offices in hosting events for faculty members and staff nearing retirement, helping raise personal and professional issues that need to be addressed, and encouraging them to join UMRA; (2) working with deans to figure out ways for departments to maintain productive links with their retired faculty and staff members; (3) advising and mentoring department chairs and heads who assume their posts with insufficient training in leadership, management, and administration; and (4) figuring out appropriate ways for UMRA members to continue being resources for their former colleges and departments—in research and other scholarly activity, teaching and advising, and outreach and community engagement.

What's the Payoff? To achieve these outcomes, departments must view retirees as available and underused resources. Where there is mutual interest on the part of the retiree and the department to continue working together on a selective basis, there ought to be mechanisms in place to do it.

If we can figure out how to help the colleges along these lines, retirees will benefit; departments and colleges will benefit; senior faculty and staff will approach retirement with clearer understandings of what options lie ahead; those retiring will release resources for reallocation; a better relationship will be nurtured between retirees and their former colleges and departments; and development possibilities for the colleges and university will be enhanced.

Working along these lines will be a challenge, but it represents follow-through from the Big Ten and AROHE conferences of August 2014, which pursued the theme of "retirees as underused university resources." Working along these lines seems to make sense. What do we have to lose?

— John S. Adams, UMRA Past President

[See: "To Change a Campus, Talk to the Deans," lead article in The Chronicle of Higher Education, 28Nov2014].

Wanted: Evaluators for Academic Decathlon students and Outstanding Educators awards

Two volunteer projects offered through the University Retirees Volunteer Center are directed towards Minnesota's educational system. Please consider serving as a judge for awards that designate the best in our schools.

The Minnesota Academic Decathlon is the state level for selecting high school students for a team to compete at the national level. This year's theme is "New Alternatives in Energy: Ingenuity and Invention." The state competition takes place on Sunday, February 22, at the Oak Ridge Hotel and Conference Center in Chaska. Prior to the competition (11:30 a.m.–6:30 p.m.) the judges will meet for a training session and Sunday brunch. Students' competencies will be evaluated with two-minute impromptu speeches and a seven-minute interview evaluated by separate panels. As a judge, you would choose either speeches or interviews.

The WEM Outstanding Educator Award honors K-12 teachers in three categories: Academic Challenge Coach, Ethics in Education, and Teacher Achievement. The judges will score applications electronically at home from February 2 to 13 and meet as a Blue Ribbon Panel at the Minnesota Department of Education in St. Paul Feb. 28, 9 a.m.–3 p.m. Training and scoring rubrics are provided. WEM, a private foundation, established this award in 1998 to note achievement and best practices in Minnesota schools.

These competitive programs validate the excellence in students and teachers. To offer your services as a judge and receive more information contact the University Retirees Volunteer Center (urvc@umn.edu). Please choose or consider participating in both projects.

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

Website: www.umn.edu/umra

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

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Other Info _____

UMRA's phone: 612-626-4403

In Remembrance

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

Erna Bachtold, retiree from the Minnesota Arboretum and UMRA member since 1984, died September 28, 2014.

Sheldon Goldstein, Media Resources faculty and UMRA member since 1998, died November 9, 2014.

Dan Panshin, Minnesota Extension Service, UMRA member since 2003, died November 17, 2014.

Gerald M. Siegel, Speech, Language, Hearing Science faculty, died November 17, 2014. He had been an UMRA member since 1997.

John Van Pilsum, Biochemistry Med. faculty member and UMRA member since 1992, died November 21, 2014.

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.

Thank you to the U of M Center for Spirituality and Healing for its sponsorship of UMRA's January 2015 Newsletter. Check their website, csh.umn.edu, for upcoming class offerings.

CENTER FOR SPIRITUALITY & HEALING 

UPCOMING CENTER PROGRAMMING

Save the Date!

Wellbeing Lecture Series

April 14, 2015

Dr. Stephen Devries

Mindfulness-Based Stress Reduction

Decrease stress and improve your wellbeing.

Classes being in January.

<http://z.umn.edu/MBSR>

DID YOU KNOW? If you are over the age of 62, you are eligible to sign up for a University of Minnesota course for free.

Contact Erin Fider for more information: fider002@umn.edu | 612-624-6743

csh.umn.edu