

APRIL 2015

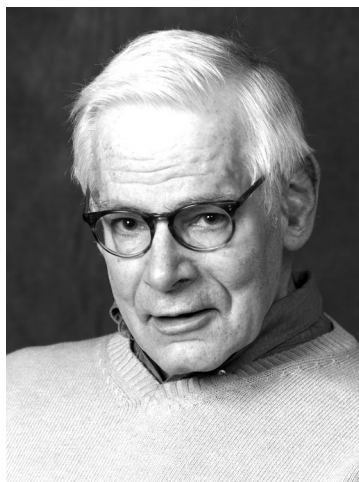
April program and workshop will focus on caregiving with speaker Robert L. Kane, M.D.

We are pleased to have University Professor Robert L. Kane explore the topic of caregiving at both the luncheon program and the workshop in April.

Given demographic realities, the chances are very high that most of us will be called on to give care to someone. Indeed, many UMRA members have already had this experience and often state that they entered into the caregiving role unprepared and ignorant about what was involved.

Our speaker and workshop leader, Robert L. Kane, M.D., holds an endowed chair in Long-term Care and Aging at the University of Minnesota School of Public Health, where he was formerly the dean. He directs the University of Minnesota's Center on Aging, the Minnesota Area Geriatric Education Center (MAGEC), the Clinical Outcomes Research Center, and an AHRQ-funded Evidence-based Practice Center. He has conducted numerous research studies on both the clinical care and the organization of care for older persons, especially those needing long-term care.

Dr. Kane has analyzed long-term systems both in this country and abroad and is the



author or editor of 34 books and more than 500 journal articles and book chapters on geriatrics and health services research. Recent books include *The Heart of Long-term Care*, *Assessing Older Persons*, the 7th edition of *Essentials of Clinical Geriatrics*, *Conducting Health Care Outcomes Research*, and *Meeting the Challenge of Chronic Illness*.

He and his sister, Joan West, have written *It Shouldn't Be This Way*, an account of the struggles to get adequate long-term care for their mother. That experience led to his founding a national organization dedicated to improving long-term care, Professionals with Personal Experience with Chronic Care (PPECC), which has more than 800 members. He recently wrote a book specifically to help caregivers of older persons, *The Good Caregiver*. He is a graduate of Harvard University Medical School

His current research addresses both acute and long-term care for older persons, with special attention to the role of managed care, chronic disease, and disability. Dr. Kane has consulted to a number of national and international agencies, including the World Health Organization's Expert Committee on Aging. Among many national and international awards, he was elected to the University of Minnesota's Academic Health Center's Academy for Excellence in Health Research.

For this luncheon presentation Dr. Kane will draw on his research and his personal experience to identify some principles that everyone should bear in mind, including some practical tips for caregivers.

— Earl Nolting, UMRA Cares Committee

UNIVERSITY OF MINNESOTA

MARCH LUNCHEON MEETING

Tuesday, April 28, 2015
11:30 a.m. – 1:30 p.m.

Featured Speaker

Robert L. Kane, M.D., endowed chair in Long-term Care and Aging, University of Minnesota, "Being the Good Caregiver"

Location

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

Menu

Seared Salmon with Cucumber
Yogurt Sauce over Couscous.
For vegetarian or gluten-free
options, please request when
making your reservations.

Reservations ARE Required Deadline: Thursday, April 23.

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 April 23.

Parking

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

FROM THE PRESIDENT

UMRA and the University

From time to time, UMRA leaders have puzzled about the organization's relationship with the University of Minnesota. From its beginning in 1978, UMRA was incorporated as an independent organization, although closely associated with the Campus Club. While independence has not kept the organization from thriving, there have been times when a formal connection between UMRA and the University could have been to the advantage of both. And, it is thought that future initiatives might benefit from such a connection.

When John Adams became UMRA president, he raised that question, and we believe that the time is ripe to determine whether we should pursue a formal connection with the University. I have asked John to write this column so that you, UMRA members, can consider the question.

— Hal Miller, UMRA President

UMRA's stated mission

UMRA exists, according to our mission statement, “to promote, protect, support and advocate for the interests, rights, needs and welfare of persons who retire from the University of Minnesota.”

UMRA-sponsored activities toward that mission are to:

- Help retirees deal successfully with the retirement process, both during their retirement year and into their retirement years;
- Provide all retirees broad intellectual stimulation as well as social and recreational services;
- Oversee and assist in the ongoing provision of benefits affecting the health and wellness of retirees;
- Facilitate opportunities for voluntary service to the University and community; and
- Contribute to the development and welfare of the University, its mission and goals.

UMRA's legal status

UMRA is incorporated; it is a 501(c)(4) entity. This independence has presented a continuing challenge in maintaining active communication links with University retirees in ways that would not only help retirees but also facilitate retirees' continuing contributions to the University's mission.

As an example: as separate legal entity, we face obstacles in working as a full partner with the University's Office

of Human Resources (OHR) in planning and facilitating pre-retirement and post-retirement programs that would help both the University and our retirees. Moreover, OHR cannot share with UMRA the contact information of University retirees in the years following their retirement.

Despite this obstacle, we have begun discussions with three colleges (College of Liberal Arts, College of Food, Agricultural and Natural Resource Sciences, and College of Education and Human Development) to figure out how UMRA might work on these challenges at the college level. We recognize that when some faculty and staff members retire, they prefer to move on—and that's fine. But others want to remain connected. Their loyalty to the University's mission and their willingness to put their professional knowledge and skills to work on occasional assignments in the classroom, ongoing research and professional activity, committee service, administrative assistance, and community outreach, represent untapped resources for the U.

UMRA's relationship with the U of M

At the August 2014 meetings of Big Ten and AROHE retirement organizations, the question of the most appropriate links to their respective universities was an important topic of discussion. Some of us feel that a closer arrangement would be good for the University—and for UMRA. Others are unsure, so we're exploring the options.

The ACE link. The Provost's Office has agreed to work with the American Council on Education's continuing study on retirement and retirees that is underway. UMRA has offered to help with this effort.

The University's Strategic Plan. We sent the provost a detailed commentary on the University's recently issued strategic plan, highlighting ways that faculty and staff retirees could help implement the plan.

A Capital Campaign link. Finally, the University Foundation is considering a future capital campaign. Faculty and staff have been exceptional benefactors supporting the University mission. But if the U expects retirees to continue their generosity in a new round of capital campaigning, now is the time to bring them closer to the University and to find ways to keep them engaged with the University mission in ways that are appropriate—not only for

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UMRA Nominating Committee seeks your suggestions and involvement

Board and officer nominations for 2015-2016

If you missed our request in the March newsletter, there's still time to nominate someone, including yourself, for next year's UMRA Board of Directors and officers.

If you have been thinking about volunteering, this is a great time to offer your service. If you are relatively new to UMRA, this is the perfect way to get to know other members, so jump right in!

Positions we need to vote on for next year include

- » president-elect
- » secretary
- » treasurer
- » two board member positions

Descriptions of terms and duties can be found in the Operating Manual on the UMRA website [www.umn.edu/umra].

The election will be at the annual meeting in May, but the committee asks for your suggestions by Friday, April 17, so they can consider and contact suggested nominees. Please contact any nominating committee member: John Adams, chair; Hal Miller, Gayle Graham Yates, John Anderson, and Nancy Helmich. They will be happy to hear from you.

— Julie Medbery, UMRA Secretary

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them, but also for the departments and programs where they spent their careers and with which they may remain attached and sympathetic.

Going forward from here. As these discussions with University leadership continue, your UMRA board seeks your comments on these matters.

Based on our current understandings, and recognizing the alignment of the missions of the University of Minnesota and of UMRA, the UMRA board may pursue a formal connection with the Office of the Provost.

Please, let us know your views.

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

— Hal Miller, UMRA President
<miller@umn.edu>

April 28 workshop: Addressing practical problems in giving care, Robert L. Kane

Following his luncheon presentation at the April UMRA meeting, speaker Dr. Robert Kane will lead a workshop on caregiving as part of our series, Living Well in Later Life.

This workshop will feature a panel of UMRA members who have been involved in caregiving. Speaking from their experiences, they will address questions from Dr. Kane and share lessons that they have learned. Dr. Kane will then open the session to more discussion from the group as a whole.

We plan to discuss various activities that we might pursue following this workshop to continue this dialogue on caregiving and help others with this challenging and vital task.

Plan to attend this workshop from 1:30 to 2:30 p.m. on April 28 in the Campus Club ABC room. All members, guests, and visitors are welcome.

— Earl Nolting, UMRA Cares Committee

Sharing our ideas and resources—

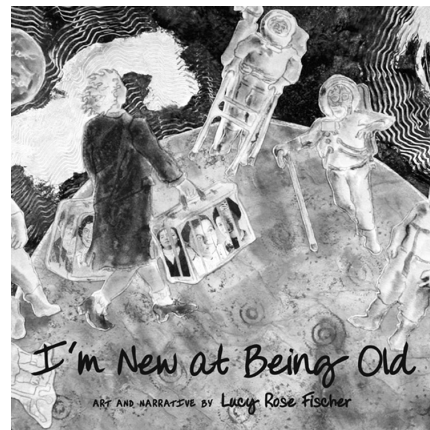
From the Cares Committee desk

At our March workshop Lucy Rose Fischer delivered her ideas about creativity and aging with humor and colorful illustrations. For those who missed the workshop, “Life is a Work of Art,” her creativity can still be enjoyed in her book, *I'm New at Being Old*, Lucy Rose Fisher; Temuna Press, May 2010, (80 pages, paperback).

Reviews:

“...a charming art book on aging...each illustration in this book is fanciful, shining, and full of life. ...” Amy Goetzman, *Minnpost*, April 26, 2010.

“This is a beautifully written, sensitive muse on “Being Old.” The illustrations are wonderful, and as a fellow “old” watercolor artist, I really appreciated the artwork. The blend



of watercolor and collage is lovely!” Amazon review by Ruth H. Christenson, Sept. 11, 2012.

See more about her philosophy and book, available for purchase, at www.lucyrosetdesigns.com.

March meetings celebrate encore careers in research, outreach, and creativity

Jan Hogan-Schiltgen, chair of UMRA's Professional Development Grants for Retirees, introduced Phil Larsen and Ron Anderson to speak on their work, which has been funded by PDGR grants.



Phil Larsen told the UMRA audience about his and Fred Bergsrud's experiences in Tanzania, teaching farmers agricultural management.



Lucy Rose Fischer (right) signed her book for Shirley Barber, who was delighted to talk with her after the March workshop, "Life is a Work of Art."

Welcome new members to UMRA

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

Lary and Elaine May, History/American Studies, Faculty
88 Arthur Ave. S.E., Minneapolis, MN 55414-3410
612-378-0666
mayxx001@umn.edu mayxx002@umn.edu

See the newsletter online, connect to resources for retirement information, and stay current on news for retirees on UMRA's website:
www.umn.edu/umra

Steamboat Minnehaha sails with volunteers

"The Minnehaha" sails on weekends and holidays throughout the summer and autumn seasons. Who could ask for a better volunteer assignment for the summertime?

The Minnehaha navigated Lake Minnetonka for 20 years after its debut in 1906. Scuttled in 1926, it lay forgotten in the lake bottom until rediscovered and salvaged in 1980. It has been restored to its gracious original beauty and has been in operation entirely by volunteers since 1996 by the nonprofit Museum of Lake Minnetonka.

"Volunteers" means exactly that. Every role from captaining and steam engineers to event planners, archive curators, and painters has been carried out by volunteers! Preservation and maintenance continue throughout the year. If you love history, the romance of the wooden steamboat, meeting other enthusiasts, and have useful competencies, consider joining this project, whether as a crew member or as a shore volunteer. Your skills and time will be greatly appreciated. Training is provided.

Volunteer Opportunities:

- Crew members: captains, steam engineers, pursers
- Boat maintenance: woodworkers, painters, boiler and electrical engineers, boat cleaners
- Administration: phones, archive curators, event planners, community coordinators
- Marketing: advertising, merchandise, public relations, ticket booth personnel, newsletter writers.

The University Retirees Volunteer Center has selected this project for you! If this interests you, send an e-mail to urvc@umn.edu.

Units available at 1666 Coffman

Unit 118, MPLS, 1324 Sq. Ft., 2 BR + Den, 2 Baths, Living/Dining, Kitchen, Laundry, and Fireplace. New carpet and freshly painted. 1st floor allows 1 dog. Choice end unit w/3 northeast exposures. List price: \$254,900. See pictures at: <http://spacecrafting.com/nnts>. Realtor is Jeff Machacek, 612-925-8277

Unit 215, MORRIS A, 1,020 Sq. Ft., 2 BR, 2 Baths, Living/Dining, Kitchen, Two Balconies, Corner Unit, windows on two sides for cross ventilation, freshly painted, new appliances and flooring, built-in bookcase/entertainment unit. Faces U of M golf range. Reduced Price: \$184,900. See pictures at: www.stevetownley.com

— Eve Brown, 1666 Coffman Promotions chair

Letter to UMRA members—

What can we do? Speak out!

At our February 24 UMRA luncheon, Dr. Michael Osterholm, director of the Center for Infectious Disease Research and Policy (CIDRAP), spoke about infectious diseases, their opportunistic spread, and the growing number of complex strains because of the global village we now share with people in every other location on our planet. At the end of his presentation, I asked what individuals could do to help with the myriad efforts to bring the deadly consequences of infectious diseases under control as well as to eradicate them. I know you are thinking—a very tall order at any level of involvement.

I followed up my question later with a discussion with Dr. Osterholm and members of his staff to see if we could identify some things members of the UMRA community could do to support the work of CIDRAP as well as work that is being done locally on the infectious disease front.

Among the ideas he mentioned is to contact our elected officials with our concerns. This is an important step because those officials likely have the connections to direct funding to urgent needs. They need to hear from us. If you would be willing to make some of those contacts, look below for Internet links of names and contact information for your U.S. senators and representatives, Minnesota senators and representatives, and metro counties elected commissioners.

When you write or call, be sure to mention Minnesota's excellent contributions to the global fight against infectious disease through Dr. Michael Osterholm and CIDRAP.

For more information, or to support their work, here is CIDRAP's website: <http://www.cidrap.umn.edu>

Contacting your representatives

Federal:

<http://www.senate.gov>

<http://www.house.gov>

State:

<http://www.senate.leg.state.mn.us>

<http://www.house.leg.state.mn.us>

Counties:

<http://www.anokacounty.us> <http://www.co.carver.mn.us/>

<http://www.co.dakota.mn.us>.... <http://www.hennepin.us>

<http://www.co.ramsey.mn.us> <http://www.co.scott.mn.us>

<http://www.co.washington.mn.us>

Remember that the effort of every individual counts.

Thanks.

— Nancy Helmich, UMRA member

New brochure and “Retirement Kit” launched at U pre-retirement seminars

The annual pre-retirement seminars, sponsored by the Office of Human Resources, are an excellent opportunity for UMRA representatives to inform future retirees of the University about our organization.



On March 24 and April 7 several UMRA members distributed the new UMRA brochure to many of the seminar attendees who also signed up with their e-mail addresses to receive a “Retirement Kit.” The Retirement Kit is an annotated compilation of Internet links pointing to web resources and offering a broad spectrum of issues related to retirement in general and retirement from the University in particular.

In development for several years, the kit began when members of the Membership Committee were exploring better ways of connecting with University people before they retired. It was to fulfill one of UMRA's objectives: To help retirees deal successfully with the retirement process, both during their retirement year and into their retirement years.

Credit belongs to all those who have served on this committee, but most thanks goes to several people who have contributed many hours to the project: to Harlan Hansen, who, when chairing this committee, initiated the concept and laid the foundation, outlining resources and information retirees need to know; to John Anderson, the current chair of the committee, who shaped and researched the resource list and led the way to making the information web based; and to Dave Naumann, UMRA webmaster, who has made the information available to all on the UMRA web pages.

Although designed for the about-to- retire, UMRA members may find that several topics covered are germane to the already retired. You may view or download a copy of the kit to use or share from the Member Benefits page of the UMRA website: www.umn.edu/umra.

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

Website: www.umn.edu/umra

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 _____

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 March, we have received news of the following. Our condolences to the family and friends of:

Ruth Hansen died March 17, 2015. Her husband, Harlan Hansen, CEHD faculty, continues as a member. They have been members of UMRA since 1996.

Jeanne T. Lupton, former dean of General College, died August 16, 2014, in Texas. She joined UMRA in 1990 and served as president of UMRA, 1995–1996.

Josef A. Mestenhauser, faculty in the Department of Organizational Leadership, Policy, and Development, CEHD, died March 14, 2015. He had been a member of UMRA since 2005.

Please assist the work of UMRA Cares Committee

The Cares Committee sends messages of encouragement to our members who are ill or condolences to our members who are suffering loss. When you become aware of an individual or family in our midst who is in need of assistance or support, please notify the UMRA Cares Committee at umracares@umn.edu or call 612-626-4403, and leave a message for UMRA Cares.

The board and members of the U of M Retirees Association thank the University of Minnesota Bookstore for sponsoring UMRA's April 2015 Newsletter. Remember, your UMRA card entitles you to discounts at the Bookstore.

HOME TEAM ADVANTAGE

Connect with the U of M Bookstores for the latest in Golden Gopher apparel & novelties, events and more. Subscribe to our Gopher Fan Favorites list at bookstores.umn.edu.



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Bookstore

Coffman Memorial Union 300 Washington Ave. S.E. Minneapolis 612-625-6000 www.bookstore.umn.edu