

UMRA UNewsletter

A Communication of the University of Minnesota Retirees Association

JANUARY 2017

UMRA welcomes climatologist Mark Seeley to our podium and luncheon on January 24

All of us talk about the weather, and most of us have opinions about climate change, but none of us can speak as authoritatively as this month's speaker, Professor Mark Seeley, whose professional and educational activities are focused on climatology.

Dr. Seeley has been Extension climatologist and professor in the Department of Soil, Water, and Climate at the University of Minnesota since 1978.

A frequent guest on TPT's "Almanac" program, he has also helped produce televised documentaries on Minnesota's most memorable historical weather events and on how climate change is affecting the state's infrastructure and natural resources. An educator for all ages, he edited a successful series of children's books: the *Amazing Science Series*.



Although Seeley is a native of California, he has deep roots in Minnesota. His great-great grandfather founded the town of

Mazeppa, served in the Minnesota Territorial Legislature, and then in the Minnesota State Legislature following statehood. Subsequent members of the Seeley family were farmers near Appleton, Minnesota, until the drought of 1910 forced a change of occupations.

Seeley obtained his Ph.D. in climatology from the University of Nebraska, Lincoln. Following an assignment at the NASA/Johnson Space Center in Houston, Texas, he came to Minnesota in 1978 to become the Extension climatologist and meteorologist working with the National Weather Service, the Minnesota State Climatology Office, and various state agencies, as well as regional Extension offices around the state.

Dr. Seeley is author of two editions of *Minnesota Weather Almanac* published by Minnesota Historical Society Press (2005 and 2015) and co-author (with Don Breneman) of *Voyageur Skies: Weather and the Wilderness in Minnesota's National Park* published by Afton Press in 2011. Both will be available for sale at the luncheon.

Seeley has won many awards, including the Sigma Xi Science Communication and Education Award, the MN/DOT Research Partnership Award for his work with the deployment of living snow fences, and, most recently, the Extension Director's Award for Distinguished Faculty.

Although it may be cold outside on January 24, we can expect to be warmly entertained by Professor Seeley's commentary about notable weather events—from hot to cold and from wet to dry.

Much has happened in the five years since Mark Seeley last spoke to our UMRA gathering. We welcome him back to update us on the changing climate and what he foresees as the effects on Minnesota, the nation, and the world.

—Jeanne Markell, John Anderson

UNIVERSITY OF MINNESOTA

JANUARY
LUNCHEON MEETING

Tuesday, January 24, 2017
11:30 a.m. – 1:30 p.m.

Featured Speaker
Mark Seeley, U of M
professor of climatology,
"Weather Talk"

Location

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

Menu

Sesame Crusted Cod with rice
noodles and sesame ginger soy
sauce, coffee and tea.

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

Reservations are required

Deadline: Thursday, January 19
Prepayment of \$16 per person

To reserve your place(s), you
may send your check payable to
UMRA to UMRA Reservations,
c/o Judy Leahy Grimes,
1937 Palace Ave., St. Paul, MN
55105-1728 or reserve online at
[https://umra.umn.edu/events/
lunch](https://umra.umn.edu/events/lunch)

Or, contact Judy before
Jan. 19 at 651-698-4387; e-mail:
Jleahy4654@aol.com.

Please honor the reservation
deadline date; if cancellations are
necessary, please call by Jan. 19.

Parking

All University ramps with UMRA's
discount coupon — \$6 for the day.

Other ideas: ride the LRT Green
Line; ride the Campus Connector
bus from St. Paul; come early and
visit in the Campus Club lounge.

UMRA NEWSLETTER

FROM THE PRESIDENT

Volunteers energize our organization

As many of you know, our University of Minnesota Retirees Association is an organization that exists because of volunteers. Members volunteer many hours identifying and arranging for the speakers at our monthly luncheons, receiving reservations, preparing our nametags, and arranging for helpful workshops. In addition, a large committee reviews all the applications for the research grants; another, UMRA Cares, supports members experiencing loss or illness.

Because of volunteers, UMRA now has a usable and functioning website. As of last November, we can now make our reservations using this website. We no longer need to write a check, find an envelope and a stamp to mail it. How convenient! So if you have not yet done so, in the future do try out the website to make your reservation payment. Dave Naumann, volunteer extraordinaire, is the person leading these website upgrades, and Virgil Larson has worked with him to add the membership database to it.

Another effort is under way to find more opportunities to build community for UMRA members. Several folks are exploring using the Campus Club bar for a coffee hour before the lunch starts. By coming early you may find parking easier, and stopping in the bar for coffee at 10:30 would give you more time to connect with colleagues and new UMRA friends before moving to the ABC room for the lunch at 11:30. If all the details fall into place, this effort could start soon. So stay tuned for an announcement in the future about this.

I would like to ask you to please consider volunteering on one of UMRA's committees or on a specific project. If you see a particular need, the board will be happy to have your leadership on it.

I have talked about only a few examples of areas that can benefit from your volunteer help. There are other areas as well, and every committee will welcome another volunteer. Every year some volunteers move on to other things, so new volunteers are always needed to step in to help keep things going. Please feel free to contact me or any other UMRA board member if you are willing to volunteer a little time to help keep the UMRA wheels turning.

Donna Peterson, President 2016–17

Members will be asked to approve bylaw revisions at January meeting

UMRA bylaw revisions will be presented to the members for their approval at the January luncheon meeting. In preparation for this meeting, please see the UMRA website: <https://umra.umn.edu>; click on the "About Us" menu item; click on the About Us – Documents pdf file: UMRA bylaws 2017 Proposed Revisions. Read or download the revised bylaws and compare them to the current bylaws. Current bylaws are available at the same location.

— UMRA Board of Directors

Make your reservations on the UMRA website — follow easy instructions

Your webmasters have enabled the online luncheon reservation service as of November 1, 2016. You can now make a luncheon reservation for yourself (or yourself and spouse) online, and pay for it with your credit card via PayPal. We recommend that you follow the link, <https://umra.umn.edu/events/lunch> and read the instructions there before starting. It is really a simple process, but PayPal does add a few unnecessary steps the instructions will help you avoid.

Next on our list of coming new services is an online member directory (for logged-in members only). This will not replace the printed directory, but it might offer some advantages, and will always be up to date.

— David Naumann and Cathy Lee Gierke, Co-webmasters



Political Science Professor Kathryn Pearson (left), was UMRA's guest speaker for November's meeting. Kathleen O'Brien (right) UMRA board member and program committee member, introduced Dr. Pearson to an audience eager to hear her analysis of the 2016 election.

January workshop will examine the pros and cons of opioids, marijuana for managing pain

Following the luncheon on January 24, UMRA will present a workshop for understanding and discussing some of the controversial substances used for pain management—opioids and medical marijuana.

This workshop will be led by Dr. Charles Reznikoff, assistant professor, University of Minnesota and HCMC physician, who specializes in pain management and addiction. He also serves as a consultant with state government on medical cannabis/opioids; he co-authored an opioid guideline with the Institute for Clinical Systems and Improvement.



As we age, a variety of common and uncommon pain problems arise. Joint pain in the shoulders, knees, legs, or feet appear. Such common pains are mostly dealt with by an aspirin, ibuprofen, or similar compound. Some people ignore pain and are able to continue with regular daily activities, but often with great difficulty.

For some, however, the pain experienced is definitely not common. Sometimes a remedy calls for a knee or hip replacement, rotator cuff /shoulder replacement, etc. But severe pain is common after surgical procedures and with many illnesses. We need to be aware that, in recent years, medical pain management has included substances that have been found to be addictive.

Controversial pharmaceutical remedies—opioids (hydrocodone, oxycodone, fentanyl)—though helpful, can be addictive, and overdose can be fatal. The Minnesota Legislature has recently approved of “medical” marijuana for several ailments and has recently added intractable pain and post-traumatic stress disorder to the original nine conditions approved for use in the 2014 law.

Dr. Reznikoff will lead an informal discussion on the pros and cons of managing pain with opioids and marijuana. If you have had experience with either—pro or con—please join our discussion and help yourself and others understand these drugs that are sometimes prescribed for treatment of pain. The workshop begins at 1:30 p.m. in Campus Club ABC. You need not have attended the luncheon to participate in this workshop. Everyone is welcome.

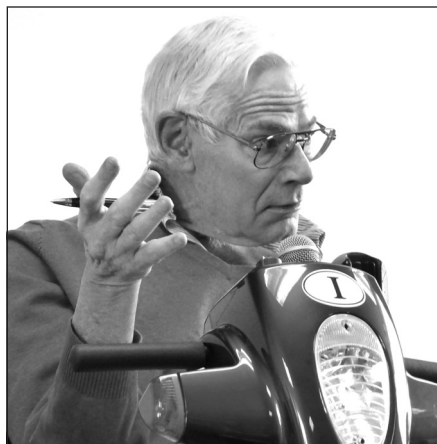
— Earl Nolting, UMRA program committee

Review of November workshop: Redesigning long-term care to get the care we really want

The November workshop in our series, Living Well in Later Life, was a two-part discussion moderated by Dr. Robert Kane, director of the Center on Aging and advisor to UMRA Care Guides. Part 1 was a panel of UMRA members who are Care Guides or have been involved in caregiving for another. They were: Ron Anderson, Maggie Catambay, Van Linck, Andy Phelan, and Earl Nolting.

Part 2 of the workshop was an open discussion with the audience, panel, and Dr. Kane on the problem of getting better care with less confusion and hassle.

In Part 1, the panel spoke of the importance of learning as much as possible about the medical



Dr. Robert Kane, director of the Center on Aging at the University of Minnesota, led the discussion with audience members (rt).

problem(s), being willing to ask for help when nothing is working the way you think it should, and being flexible enough to change and adapt to new circumstances created by an illness.

In Part 2 several comments were made about what was important: Independence, Compassion, Control (as much as possible), and Freedom from financial worries.



Several people mentioned the difficulties in conversations with adult children about a present or future illness of one or both parents, especially

terminal or life-threatening situations. One person spoke with concern about the current (and future) shortage of

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Photo Club is meeting in south Minneapolis

Photo Club meetings are held at the Washburn Library, 5344 Lyndale Ave. South in Minneapolis, from 1 to 3 p.m. The next meeting is January 13. Dick Kain will continue with his LightRoom demonstrations, although it is unclear if he can top his December presentation when he showed us how to whiten our teeth with LightRoom (saves a lot on dental bills).

The UMRA Photo Club welcomes photographers of all abilities. Most of us are struggling amateurs who like to take pictures and want to get better. We benefit from the kind help we get from each other.

A number of Photo Club members gather before the meeting for lunch. Please contact Sheri Goldsmith May at gold009@gmail.com for information about making a reservation for lunch or to be added to the club mailing list.

The February meeting will be Friday, February 10.

— Craig Swan and Sheri Goldsmith May,
Photo Club co-chairs

Who do you know who's retiring?

If one or more of your colleagues, friends, or neighbors have retired recently or are even thinking of retiring from the University, be sure to share the good news that membership in UMRA is waiting for them.

Membership recruitment brochures are available at the sign-in table at each luncheon program. Or contact John Anderson, chair of the Membership Committee, at ander049@umn.edu, to obtain copies of the UMRA brochure.

Review: The November workshop (continued from page 3)

gerontologists and neurologists, which makes it difficult to get appointments with physicians in these specialties. Long waits to be seen makes ongoing care difficult.

Finally, all present looked upon the outcome of the recent election with concern, remembering the oft-stated campaign plans to make significant changes to Medicare, Medicaid, and repeal of the Affordable Care Act. These possible changes have created new worries and uncertainties for many retirees as they think about their own personal care needs in the next four years.

—Earl Nolting, chair, Cares Committee

Bookshelf Notes—

Lab Girl from a researcher's point of view

Lab Girl by Hope Jahren was published in 2016 by Alfred A. Knopf. This review is written by UMRA member and Past President Jean Kinsey.

Any scientist who has worked in a laboratory with research assistants and eager students will identify with many a familiar scene in *Lab Girl*. They will have flashbacks to days when the discovery of a lifetime occurs, and they know that they **know** something that no one else does—at least until their discovery is published. Jahren writes, “I was the only person in an infinitely exploding universe who knew that this powder (the mineral that fortified each seed on each hackberry tree) was made of opal. In a wide, wide world I was—in addition to being small and insignificant—special.”

This autobiographical story of a contemporary geobiologist from Minnesota includes detailed mini chapters that inform the reader about how particular plants or particular plant parts thrive and evolve.

Hope Jahren became a scientist by accompanying her father to his lab in the evenings where he allowed her free rein to explore. Although she had never seen a female scientist, she felt at home as one and was, eventually, totally at home in her own Jahren Laboratory—wherever it may be located.

Jahren is an observational biologist who looks for researchable questions by observing nature. Later in her career she meets and marries Clint Conrad, a scientist who conducts all research by computer modeling. Though they are compatible with their complementary styles of scientific inquiry, it was Bill, her lifetime, faithful lab assistant who was her real soulmate. Even as she and Bill each battled various forms of mental illness and insecurities, their tenacity for building labs from spare parts and adventures in digging mosses in Ireland led to impressive grant funds and top awards.

The thrills of scientific discovery and of passing knowledge on to generations of students that vibrate through this book will resonate with faculty and staff. Likewise, the personal struggles with getting published and funded and promoted will be familiar.

Jahren was “driven to discovery.” UMRA members should find this a heartening and humorous book.

What have you been reading?

Share your thoughts about books and recommendations for reading with other UMRA readers by sending your review to Earl Nolting, enolting@umn.edu

Welcome new members to UMRA

Please give a hearty welcome to new members who have recently joined UMRA. Greet them at luncheon meetings, and help introduce them to other members.

Suzanne and David Bardouche, Office of the Provost, P&A
3917 21st Ave. S., Minneapolis, MN 55407
612-729-0364; bardouch@umn.edu

Sharon Emde, Materials Research Science & Engineering (MRSEC), Civil Service
1100 West 66th St. #5, Minneapolis, MN 55423
612-866-7961; emdex001@umn.edu

Linda King, Dept. of Neuroscience, Civil Service
7307 Hunters Run, Eden Prairie, MN 55346
952-975-9413; dave_king_052@q.com

Kay Louis, Human Ecology, P&A
7531 Upper 17th Street N., Oakdale, MN 55128-5544
failte@q.com

Dean and Janet Lund, Municipal Reference Bureau, Faculty
92 Orlin Ave. SE, Minneapolis, MN, 55414
612-378-2486; dnjlund@gmail.com

Ewa Prochniewicz-Nakayama, BMBB, P&A
1712 Pleasant St. #A, Lauderdale, MN 55113
651-649-0796; proch001@umn.edu

Michele K. Sullivan LICSW, Boynton Mental Health Clinic, P&A
4709 27th Ave, S., Minneapolis, MN 55406
651-286-8530; michelenesullivan@comcast.net

Sanford and Carol Weisberg, School of Statistics, P&A
2134 Folwell Ave., St. Paul, MN 55108
651-645-0309; sandy@umn.edu

1666 Coffman residences for sale

For colleagues and friends who may be thinking about joining the 1666 Coffman community, three units will be for sale in January.

116 Morris \$180,000, 1020 Sq. Ft., 2 Br, 2 Baths

308 Morris \$194,900, 1018 Sq. Ft., 2 Br, 2 Baths

207 Morris \$194,900, 1020 Sq. Ft., 2 Br, 2 Baths

More information is available online: 1666coffman.com.

— Eve Brown, chair,
1666 Coffman Promotions Committee

Food for Thought from the Cares Committee

You are the architect of your life.

Design it with love, joy, beauty, and power.

— Author Unknown

Triple match? Time to give? Expiring soon?

Where did such outrageous offers originate? It seems that fundraising just goes to incredible lengths at the turn of the year. **Now, for some relief**—the University Retirees Volunteer Center does not ask for your money, but instead seeks generous patrons who will contribute **time**. And if you want to double or triple your volunteer gift from 2016, that is simply up to you. Perhaps you can find a friend to volunteer with you—to “match or multiply” that wonderful gift.

Consider a 2017 New Year’s Resolution! Give a little of your valuable time for the good deed of volunteering for a project to help the less fortunate. Here are a few suggestions for your consideration, but if they don’t meet your concept for what you can best contribute, just check in with URVC at urvc@umn.edu, where you can submit a Volunteer Profile. We will try our best to find an opportunity to match your valued services.

1) Become a “**phone companion**” for the many isolated seniors in our community with few or any family or friends. You can do this from your home phone. This is a project of Little Brothers Friends of the Elderly. (Contact URVC.)

2) Open Arms of Minnesota prepares meals in its “state-of-the-art” kitchen with volunteers and professional staff. Volunteers deliver the meals to clients. Whether you enjoy kitchen duties or driving a short route, your work is greatly needed. A typical shift is two hours. Contact URVC for additional information.

3) Be a Volunteer Leader for produce and grocery distribution at selected schools and other locations for families. This is a project of Second Harvest Heartland. (Contact URVC.)

4) “Friendly Visitors” are matched with senior citizens in West Metro to visit weekly, or receive training as a “Memory Companion” to visit those with mild to moderate memory loss (giving caregivers a break). These are rewarding opportunities for a caring volunteer. (Contact URVC.)

These are only a few of the many potential projects in which you can engage in the new year. These particular opportunities are chosen because they are purposely focused on meeting the needs of those in our community who are underserved. Contact URVC to see what fits for you.

Alan L. Kagan, Project Director,
University Retirees Volunteer Center
urvc@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 _____

Website: <https://umra.umn.edu>
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 friends and families of:

Archibald I. Leyasmeyer, English faculty member, died October 22, 2016. He had been a member of UMRA since 2002; his wife, Edith D. Leyasmeyer, continues as an UMRA member.

H. Mead Cavert, former associate dean of Physiology and the Medical School and faculty member, died November 4, 2016. An UMRA member since 1993, his wife, June S. Cavert, continues as an UMRA member.

Grace Mary Ederer, faculty member of the Department of Laboratory Medicine and Pathology, died December 15, 2016. She was a member of UMRA from 1982 through 2011.

References to read about Caregiving

- *The Good Caregiver*, Robert L. Kane and Jeannine Ouellette, 2011
- *Complete Guide to Family Caregiving*, (Second Edition). Bucher, Peter Houts, and Terri Ades, Editors, 2011.

UMRA Cares Committee is here 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 UMRA Cares. Committee members send cards of encouragement and condolence and offer resources for assistance.

Care Guides will assist families with the difficult decisions of health care

UMRA Care Guides continue to be available for consultation when members are confronted by an unexpected health care situation, especially involving long-term care. To speak to a Care Guide, call the Center on Aging, 612-624-1185.

In a joint project led by the UMRA Cares Committee and the University Center on Aging, Care Guide volunteers are trained and supervised by the Center on Aging. They have available the center's information resources to assist you with decision making. All discussions are confidential.