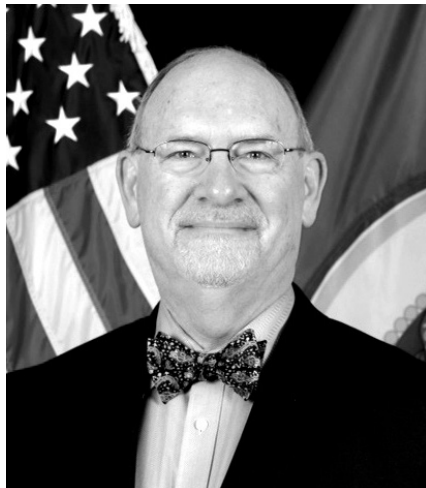


UMRA NEWSLETTER

A Communication of the University of Minnesota Retirees Association

SEPTEMBER 2017

Commissioner Ed Ehlinger to discuss improving community health in turbulent times



Dr. Edward Ehlinger, Minnesota's Commissioner of Health, will lead off our 2017-18 luncheon series with a timely discussion focusing on "Creating Health in our Community."

Dr. Ehlinger will review major strides made to improve health over the years and identify recent changes in attitudes and policies that threaten this progress. Of particular interest to Dr. Ehlinger is the shifting narrative regarding health care in our nation.

"Creating health is not dependent just on personal choices; it requires systems and policies," he says.

As commissioner, Dr. Ehlinger is responsible for directing the work of the Minnesota Department of Health - the state's lead public health agency. The department has approximately 1,400 employees in the Twin Cities area and seven offices in Greater Minnesota.

Many of us may remember Dr. Ehlinger from his days as director and chief health officer for the University's Boynton Health Service, from 1995 to 2011.

Dr. Ehlinger's previous experience includes serving as a director of Personal Health Services for the Minneapolis Health Department and working in the National Health Service Corps. Dr. Ehlinger is an adjunct professor in the Division of Epidemiology and Community Health at the U of M School of Public Health.

Board certified in internal medicine and pediatrics, he also holds a master's degree in public health. Among his professional achievements, Dr. Ehlinger has been honored as a Robert Wood Johnson Clinical Scholar and a Bush Fellow. In addition, he has served as president of the Association of State and Territorial Health Officials, the Minnesota Public Health Association, the Twin Cities Medical Society, and the North Central College Health Association.

—Gerald "Jerry" Rinehart, UMRA president-elect and Program Committee chair

Come at 10:30 for social time before luncheons

Thanks to the Campus Club again this year for making its Bar and Lounge available to UMRA members for coffee and visiting before our luncheons. There is no charge and no need to RSVP. Come early and catch up with friends and acquaintances.

—Chip Peterson, President

UNIVERSITY OF MINNESOTA

SEPTEMBER LUNCHEON MEETING

Tuesday, September 26, 2017
11:30 a.m. – 1:30 p.m.

Featured Speaker
Ed Ehlinger, Commissioner of Health, "Creating Health in our Community"

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

Menu
Cider-braised U of M chicken
with apples and squash,
coffee and tea.
For vegetarian or gluten-free
options, please request when
making your reservations.

**Reservations ARE Required
Deadline:**
Thursday, September 21
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; if cancellations are nec-
essary, please call by Sept. 21.

Parking
Ramps and East River Road
Garage with UMRA's discount
coupon — \$6 for the day.

UMRA NEWSLETTER

September 26 Workshop: How to avoid fraud, scams and identity theft

Con artists don't care how hard you work for your money, and they steal billions from people like you every year. People age 50 and older control more than 70 percent of the nation's wealth today and the scammers know it. They're using the telephone, U.S. mail, email, and the Internet, and may even appear on your doorstep trying to get your money.

New technology has made it easier for criminals to gain access to our personal information and savings, and for some of us, aging-related issues like memory loss can increase vulnerability. Understanding the latest trends and tactics in fraud can help us all to protect our own savings and help others who are more vulnerable.

This AARP-designed workshop is based on the analysis of undercover FBI recordings of con artists in action. AARP has partnered with the FBI on the national level to educate people about financial crime because the best defense is to prevent crime in the first place. Topics covered range from consumer fraud, scams, identity theft, and cyber security to credit card theft and financial theft within the family.

Our workshop leader, Jay Haapala, is the associate state director of Community Outreach with AARP Minnesota. He also leads the state's Fraud Watch Network, which serves to educate consumers about fraud, scams, and identity theft. Haapala and AARP Fraud Fighter volunteers have met with more than 400 community groups across the state, law enforcement officials, and fraud investigators, learning how people are being targeted by financial crime right here in Minnesota.

Haapala has worked and served in the Minnesota non-profit sector for 18 years building volunteer programs, and now is doing the same to build a network of fraud fighter volunteers with AARP.

Join us after the UMRA luncheon at 1:30 p.m. Tuesday, September 26, for this important and timely workshop. The money and identity you save could be your own!



Jay Haapala, associate director of Community Outreach with AARP, leads the state's Fraud Watch Network

Parking reservations available for UMRA luncheons

UMRA is pleased to announce that the parking reservation program, which began as a pilot last spring, will be continued for 2017-18 UMRA luncheons. We are grateful to University of Minnesota Parking and Transportation staff for designing and providing this service.

The program will be available only on UMRA luncheon days and guarantees access only to a parking space in the East River Road Garage.

How do I make a parking reservation? Make a reservation for parking when you make a reservation for the UMRA luncheon. Both reservations must be made before noon on the Thursday before each luncheon. Contact Judy Leahy Grimes (jleahy4654@aol.com, or 651-698-4387). If you have made luncheon reservations for the entire year, you must contact Judy to also make a parking reservation.

How do I use my parking reservation? Enter the University's East River Road Garage main entrance off East River Road between 10 a.m. and noon on the day of the luncheon. Inform the attendant at the entrance booth that you have an UMRA parking reservation, and you will be admitted to the garage. On exiting, pay and use your UMRA parking coupons as you do now.

UMRA encourages members to use this service. During the academic year and inclement weather, the East River Road Garage is frequently full. This service will ensure access to this garage for UMRA members with parking reservations on our luncheon days.

—Kathleen O'Brien

FROM THE PRESIDENT

You are UMRA

Welcome, UMRA members, to our 2017-18 year! As I enter—with great anticipation, along with some trepidation—my year as president, I give thanks daily for the terrific team of officers, board members, representatives, liaisons, committee members, and others who make this organization run. UMRA is an all-volunteer enterprise. We have no office staff; it has been so ever since UMRA's founding, and amazingly, it works.

Recently the UMRA website added a 1983 report on the first seven years of the organization's history. It makes for fascinating reading [umra.umn.edu > Announcements > Curious about how UMRA was started?]. It underscored for me how much gratitude we owe not only to our current volunteers, but also to four decades of their predecessors.

All UMRA members are eligible to serve in any capacity. Our Board of Directors, for example, includes retired faculty, P&A, Civil Service and Bargaining Unit employees, and spouses—perhaps a particularly underutilized resource. Looking back on past luncheon table conversations, I am reminded of the wealth of background and experience that UMRA spouses collectively bring. Please know that UMRA welcomes your service regardless of how you were affiliated with the U of M.

With an email in August, I have already invited members to volunteer for a variety of positions, but as this column goes to press, we still do not know the results. Please contact me directly if you might be interested in any of the following:

- Committees: Luncheon, Membership, UMRA Cares, Communications
- Representative from UMRA to: Civil Service Committee
- Discount Benefits Coordinator

Many thanks to those who are already serving UMRA, and a hearty invitation to all others.

—Chip Peterson, UMRA President, 2017–18

c-pete@umn.edu

Bring me the news!

During the summer UMRA has transitioned its print newsletter to a new publication editor. This means your newsletter might have a new look and feel, and that you'll be receiving an electronic version as well! We hope the majority of our members will opt to receive the electronic version only, but print will always be available for those who prefer it. We appreciate your patience during this exciting transition.

URVC celebrates 30th Anniversary

This year, the University Retirees Volunteer Center (URVC) celebrates 30 years of service to the University of Minnesota, community agencies, and retirees. What are its origins? UMRA, of course! In 1987, UMRA's Board of Directors established a Committee of Management for Volunteer Projects, led by Harlan Cleveland, School of Public Affairs emeritus, and Tommy Thompson, Continuing Education and Extension emeritus dean.

Outgrowing UMRA's management and finances, the committee was spun off as an autonomous unit attached to the University and given a new title. As URVC, it now resides with University Relations. Exceptional and unique to higher education, URVC has become a model for other institutions.

For the 2016-17 academic year, URVC logged an all-time high of 9,640 hours of service by 325 active volunteers. University units served include the Academic Health Center, College of Liberal Arts, Institute for Advanced Studies, Minnesota English Language Program, Minnesota Landscape Arboretum, Northrop, Osher Lifelong Learning Institute, School of Music, Theater Arts and Dance Department, and University Hospitals. Our members have also participated in at least eight senior health research projects in departments such as Kinesiology, MRI Center, Neurology, Psychology, and Physical Therapy; and volunteers have served 38 community agencies and tutored for 20 schools, libraries, and community centers.

Thanks to all UMRA members who contribute to our volunteer projects. The potential for meeting society's needs are limitless and becoming a volunteer will bring you great satisfaction and a healthier, happier life. URVC has many opportunities to offer you. Contact URVC at urvc@umn.edu to explore your interests.

—Alan L. Kagan, Project Director, URVC

Welcome new members to UMRA

Please give a hearty welcome to 19 new members who have recently joined UMRA. Greet them at luncheon meetings, and help introduce them to other members.

- Yusuf and Fadia Abul-Hajj, Medical Chemistry, Faculty
- Robert Bache, Department of Medicine, Faculty
- John Bantle, Department of Medicine, Faculty
- Frank Cerra, Department of Surgery, Faculty
- Kathy Drozd, Minitex, Civil Service
- Roger Feldman
Health Policy and Management, Faculty
- Constance Hendrick
Libraries Data and Technology, P&A
- Dave and Anne Johnson, Bargaining Unit
- Karen LaBat
Design, Housing, and Apparel, Faculty
- Jan Morlock, Office of the President, P&A
- Timothy and Mary Nantell, Finance, Faculty
- Judy and Brian Peterson
Pulmonary, Allergy, Critical Care, & Sleep Medicine,
Civil Service
- Kathryn Sedo, Law School, P&A
- Sanford and Carol Weisberg
School of Statistics, Faculty

For contact information, see Member Directory at <https://umra.umn.edu/membership>

You know who is retiring ... invite them to join UMRA

The most effective way to recruit new members to UMRA is for current members to extend a personal invitation to colleagues they know have retired or are about to retire. Indeed, currently this may be the only way. Your membership committee is emphasizing your role in recruitment this year because UMRA no longer receives a report from the Office of Human Resources listing names and USPS addresses of retirees with which to contact them.

While we are in the process of exploring alternative ways of finding out who has retired and how to contact them, we ask that you double your efforts to reach out. We encourage you to make use of the UMRA brochure that provides information about the organization as well as a membership application form. You can pick up copies of the brochure at the sign-in table at the next luncheon. This fall is an opportune time for new retirees to join UMRA because the initial annual membership covers the entire upcoming academic year.

—John Anderson, Membership Committee chair

Photo Club visits restored Capitol; captures historic details



Chip Peterson photographs the restored Capitol at the June Photo Club meeting.

In June the Photo Club met at the State Capitol building for a photo shoot, where we captured scenes both inside and outside the newly restored building.

This year, beginning with our September 12 meeting, the Photo Club will meet on the second Tuesday of each month from 1 to 3 p.m. at the St. Anthony branch of the Hennepin County Library. The library is located in the small shopping center at New Brighton and St. Anthony Boulevards in Saint Anthony Village.

At most meetings members share up to 10 pictures, which we bring on our flash drives. The photographer comments about each of her/his pictures followed by questions and discussion. Once or twice a year, instead of our monthly meeting, we meet somewhere in the Twin Cities for a photo shoot.

If you enjoy taking pictures, consider joining the UMRA Photo Club. We welcome photographers of all abilities. Most of us are struggling amateurs who like to take pictures and want to get better. We all benefit from the help we get from each other.

Come for lunch and camaraderie at the Great Dragon Buffet, which is across the parking lot from the library. Be sure to ask for the senior discount.

Contact Sheri Goldsmith May, gold009@gmail.com, or Craig Swan, swan@umn.edu, for more information or to be added to the Photo Club mailing list.

Book Club to discuss *1984* at September meeting

George Orwell's *1984* is the selection for discussion at the September 15 Book Club. Beth Bedell will lead the discussion. Note: this is a change from previously listed book selections.

The Book Club meets at 2 p.m. on the third Friday of every month, except December. The meeting location is the 1666 Coffman building, which is on Larpenteur Avenue near the St. Paul Campus.

Our October book is *H is for Hawk*, a memoir by Helen MacDonald, with discussion led by Stephanie Dailey.

In November Bright Donblaser will lead the discussion of *Hillbilly Elegy* by J.D. Vance. And in November we will select our books for the coming year.

The club has been meeting regularly since March 2011. We are eclectic readers of both fiction and nonfiction, and our books are from all time periods. We invite new participants. For more information contact Pat Tollefson (p-toll@umn.edu).

Valuable resource: Minnesota Gerontological Society

Have you visited a friend or family member in hospice care? Do you have questions about the palliative care provided? On September 20 at noon, the Minnesota Gerontological Society (MGS) will offer a free webinar on the subject of hospice. Register on the organization's website; you do not need to be a member.

The presenters are exceptionally well qualified to present the topics and PowerPoint slides of the lectures are available as well as related research articles.

Entitled "Understanding the Opportunities and Challenges of Hospice Delivery in Diverse Sites," the presenter is Lores Viaminck (MA, BSN, RN, CHPN). This webinar will briefly review the hospice benefit and explore the challenges and benefits offered wherever the patient calls home. Visit the MGS website at www.mngero.org and follow the easy directions to register. An e-mail confirmation and follow-up will be sent to you.

If you wish to access all the benefits of the MGS, retirees may join for \$40 per year. Past webinars along with PowerPoint slides and additional research links provide a wealth of information. You may find well-researched answers to many of your questions about aging on this website.

Some members of the Cares Committee have begun to explore possible connections that would benefit both

UMRA and MGS members. Stay tuned for more information about future webinars as well as other resources and opportunities.

—Helen Carlson, Cares Committee

Help Wanted: Cares Committee seeks new members

Due to several membership changes, the UMRA Cares Committee seeks new members to assist this important work. To volunteer call President Chip Peterson at 651-699-4286 or email him at c-pete@umn.edu.

Those of you who've experienced the Cares Committee's outreach at a time of serious illness or loss know the important role filled by these caring UMRA members.

Through workshops and book suggestions this committee also addresses healthy living for the various stages of retirement and aging. Committee members write book reviews and scan the literature for helpful articles and events related to aging concerns. They respond to phone calls and e-mail messages directed to the Cares Committee, and they write condolence letters and get well messages. The Cares Committee believes it is not possible to have too many people pulling for one's recovery.

For assistance and support in the event of the death or serious illness of an UMRA member or family members, please email us at umracares@umn.edu or call 612-626-4403.



Your legacy at the U

Naming the U of M as a beneficiary of your retirement account is a simple and tax-efficient way to continue your support for the University beyond your lifetime.

You can designate the University to receive a specific amount, a percentage, or all of the remaining assets in the account. You may direct your gift to a specific campus, college, program, or fund.

For more information, contact Lynn Praska at lpraska@umn.edu or call 612-624-4158.

UNIVERSITY OF MINNESOTA
FOUNDATION

Three honored with ‘Service to UMRA’ awards in May

In 2013 and 2014 UMRA presented service awards for three types of service: Service to UMRA, Service to the University, and Service to the Community. This year the executive committee awarded three awards for Service to UMRA. All three of the awardees have served UMRA for many years in demanding positions, which required steady and consistent leadership. All three are leaving their respective positions this year. With thanks, we recognize them for helping to making UMRA the successful organization that it is.

Ginny Hanson became UMRA’s newsletter 13 years ago. Under her leadership the newsletter was redesigned, expanded, edited, printed and mailed eight months of each year. It has been one of our main communication methods among UMRA members. Ginny not only solicited all the content for the newsletter from a variety of UMRA members, but she edited it ruthlessly, making it grammatically correct, readable, and attractive. She was the photographer at most UMRA events, adding her photographs to make it even more appealing. Her former experience in University Relations Communications and Marketing proved a valuable asset in this demanding retirement position.

Every summer Ginny would “educate” the incoming presidents about their duties to write a monthly column and help solicit content for the newsletter. Attending board meetings and joining committees, Ginny has been a continuous pivot point around our communications activities.

To quote earlier presidents: Frank Miller (2007) said, “The reason that the newsletter looks so good is that publisher/editor Ginny Hanson has such an eagle-eye for aesthetic and literary infelicities. I have also consulted with her about organizational dynamics, a domain in which she has a lot of “street smarts.” Warren Ibele (2006) said, “Our Newsletter, which receives favorable comment when Big Ten officers exchange views, is the product of editor/publisher Ginny Hanson, who has patiently dealt with multiple article writers and flexible deadlines with rare good humor.”

David Naumann served on the Board of Directors for five years and has been vigorously working on the website for UMRA since 2014. Educating himself and UMRA members in how to use University software (Drupal) has been an enormous help in building an interactive and workable communication tool. Dave’s knowledge and motivation have been invaluable in moving UMRA into the 21st century. He has found expertise to help with programming and design of a website and database

that works for us. His vision of how we can use the Internet to communicate with our members and the larger community has served us well. We now have an interactive website and database where we can use credit cards to make luncheon reservations and join and renew membership. His website partner, Cathy Gierke says, “Dave has worked tirelessly, and determinedly. As he retires from the board and the position of “Web Master” we thank him for his dedication to and hard work in developing our web page. We also wish him well as he watches us build on his contributions.”

Jan Hogan-Schiltgen has chaired the Professional Development Grants for Retirees (PDGR) Committee for four years. She led the charge to obtain funds from the provost’s office and coordinated the grant review process and the administration of the grants with the University’s Associate Vice President for Research. During her tenure as chair of this committee, 37 retirees received a grant. She is motivated by the belief that retirees who are pursuing new knowledge or continuing ongoing passions will not only appreciate the financial help, but will produce research and writing that is valuable to all of us.

She says, “The quality of applications and the diverse scholarship interests keep me committed to this small grants program.” Prior to chairing the Professional Development for Retirees Grant Program, she chaired a committee to establish a U of M Foundation account and raise money to support the grants program in case U administrators did not fully fund the program. In 2011, we raised about \$25,000 from 45 retirees to use as an emergency fund.

In 2014 Jan received a “Service to Community” award from UMRA for her leadership of volunteers to open a shelter for the homeless. Jan is a true servant to her community and to UMRA. We thank her for her extraordinary vision, dedication and service.



Following last May’s Annual Gala Luncheon, UMRA member Julie Medbery (right) engages in conversation with speaker Julie Schumacher, U of M professor of English, as she signs a copy of her delightful book, Dear Committee.

Past President Jean Kinsey presents special award to Earl Nolting

In 2014 Earl Nolting received the UMRA Service Award for his tireless efforts to make UMRA a strong, vibrant organization. He had been the treasurer and a member of the membership committee. But he was just getting started. As a founding member and chair of the Cares Committee, he has helped to design and coordinate our workshops and a program for caregiver advice. It was his idea to procure sponsors so we could expand the newsletter and for many years he has arranged for the campus discounts UMRA members enjoy.

“It seems that Earl has an idea a week for ways to find benefits and activities for UMRA. While I was president I came to call him UMRA’s Energizer Bunny,” Jean said as she presented Earl with a special thanks and a “reminder of how much we owe him and love him.”



Energizer bunny Earl Nolting with Jean Kinsey

Professional Development Grants for Retirees: a program worthy of your support


Do you have a scholarly project you would like to finish with the support of a small grant? Or a new project you would like to start? Then you might want to consider applying for a grant from the Professional Development Grants for Retirees (PDGR) program. Established in 2007 by the Office of the Provost, Office of the Vice President for Research, and the U of M Retirees Association, the PDGR program annually awards grants, up to \$5,000 each, to help retirees pursue projects related to their scholarly and/or creative interests.

This program is supported with an allotment of \$45,000 per year from the provost’s office and funds raised by UMRA. Currently, we have the assurance of one or two more years of funding from the University. In addition, we have about \$25,000 in the UMRA account with the University of Minnesota Foundation.

This includes an initial investment of \$10,000 by the UMRA board plus individual contributions from UMRA members that could be applied to the PDGR program. However, because we want to continue awarding 10 or more grants each year, we must prepare for the possibility of a future funding shortfall. We encourage UMRA members who have not yet made a contribution to this program to do so and, for those of you who have already made a contribution or pledge, to please consider adding to it. You may give by credit card online at give.umn.edu/giveto/SeptUMRA or by check payable to the University of Minnesota Foundation, UMRA Fund 4867 P.O. Box 860266, Minneapolis MN 55486-0266. You can also support this fund with a gift in your will or trust. For more information, please contact Lynn Praska, senior planned giving officer, University of Minnesota Foundation, at 612-624-4158 or LPraska@umn.edu.

We hope you will join us in supporting this program by making a tax-deductible gift.

Information about applying for a 2018-19 grant will be posted on the UMRA website in the coming months. In the meantime, if you have any questions about this program, please contact Dick Poppele, chair of UMRA’s PDGR Committee, at dick@umn.edu.




HEADLINERS

October 5
From the Lab: Untangling Alzheimer’s Disease
with Dr. Sylvain Lesné

November 2
The Myths and Realities of Immigration Enforcement
with Professor Linus Chan

cce.umn.edu/headliners



COLLEGE OF CONTINUING EDUCATION
UNIVERSITY OF MINNESOTA

Thank you to the College of Continuing Education and its LearningLife program for sponsoring the UMRA September Newsletter. CCE also offers a 15 percent discount to UMRA members.

UMRA University of Minnesota Retirees Association

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

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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

Website: www.umn.edu/umra

In Remembrance

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

Donald Gullickson, Bursar's Office, died May 6, 2017, at age 90. An UMRA member, 1992-2016, he is survived by spouse Blossom Gullickson.

Joan Helmberger, UMRA member, 1985-2005, died May 19, 2017, at age 91.

Ruby H. Marvin died May 1, 2017, at age 98. Spouse of R. Paul Marvin, they were UMRA members from 1985 to 2007.

John Kundla, long-time coach and Education faculty member, died July 23, 2017, at age 101. He had been an UMRA member from 1993 to 2007.

Lou Ann Dykstra died July 20, 2017, at age 82. She is survived by spouse Robert Dykstra, Education Curriculum & Instruction, who was an UMRA member, 2003-2009.

Marlene Adams, UMRA member since 2013, died May 21, 2017, at age 75. She is survived by spouse Carl Adams, UMRA member and UMRA's current treasurer.

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 the UMRA Cares Committee.

Care Guide program is suspended

Care Guides are a small group of volunteers who were trained by the late Dr. Robert Kane, director of the U of M Center on Aging. The guides were started to assist UMRA members in locating resources to manage unexpected long or short hospital stays or the challenges of providing caregiving to family members with serious health problems.

Dr. Kane was our advisor and supervisor. Due to his unexpected death last spring we are unable to provide Care Guide services at this time, but we hope to resume again as soon as we secure a new advisor and supervision for our services.