

UMRA NEWSLETTER

A Communication of the University of Minnesota Retirees Association

FEBRUARY 2018

We are all criminals—but most of us don't get caught

Our February 27 luncheon speaker, Emily Baxter, is the executive director of We Are All Criminals, a media-based advocacy organization that seeks to be a catalyst for conversations about crime, privilege, punishment, and second chances. And it's her thesis, and topic of her talk, that we are all criminals, although most of us don't get caught.



Baxter contends that one in four people in the United States has a criminal record, but four in four have a criminal history. Through stories, statutes, and statistics, she will help us examine the disparate impact of the criminal and juvenile justice systems on people of color and poor people across the country. Her presentation will include first-person narratives and photographs.

Baxter travels throughout the country speaking on this topic and collaborating with stakeholders and change-makers in criminal justice reform. One of many newspaper accounts of her work summarizes nicely what she is about: "Essentially, Baxter advocates for people who, due to their criminal record, experience barriers in their daily lives while searching for jobs and housing or applying for loans and higher education programs. What differentiates her approach is that she asks the imperative, 'What if ...?' question. She calls on all decision-makers to dig deep in their memory to find that one [irresponsible, illegal act] they are blessed enough to forget."

Baxter currently lives in Durham, North Carolina, but her Minnesota roots run deep. She is a graduate of the University of Minnesota (B.A. English) and the University of St. Thomas Law School and is a former fellow at the U of M Law School's Robina Institute of Criminal Law and Criminal Justice. She has served on the boards of the Minnesota Second Chance Coalition and the Minnesota Community Corrections Association. Her organization's board of directors, still based in the Twin Cities, is packed with U of M staff, faculty, and graduates.

Baxter founded the website, weareallcriminals.org, with the help of an Archibald Bush Leadership Fellowship in 2012. Prior to that, Baxter served as director of advocacy and public policy at the Council on Crime and Justice in Minneapolis, where she worked on successful Ban the Box and expungement expansion efforts, as well as an assistant public defender at the Regional Native Public Defense Corporation, representing indigent members of the Leech Lake and White Earth Bands of Ojibwe charged with crimes in Minnesota State Courts.

— Chip Peterson, UMRA President

Parking reservations available for UMRA luncheons

Combine your reservation for the UMRA luncheon with a reservation for parking and ensure your parking space. Tell the attendant when you arrive between 10 a.m. and noon. Pay when exiting, using your UMRA parking coupons as usual.

UNIVERSITY OF MINNESOTA

FEBRUARY LUNCHEON MEETING

Tuesday, February 27, 2018
11:30 a.m. – 1:30 p.m.

Featured Speaker

**Emily Baxter, executive director
We Are All Criminals
organization**

Location

Conference Room ABC
Campus Club, Fourth Floor
Coffman Memorial Union

Menu

Beef bolognese over pappardelle,
coffee and tea.

For special dietary needs, please
request when making your
reservations.

**Reservations ARE Required.
Deadline: Thursday, February 22**
Prepayment of \$16 per person.
Annual prepayers, please make
reservations.

To reserve your place(s) and
parking, send your check payable
to UMRA: UMRA Reservations
c/o Judy Leahy Grimes,
1937 Palace Ave., St. Paul, MN
55105-1728

Or, contact her before the deadline
at 651-698-4387 or [jleahy4654@
aol.com](mailto:jleahy4654@aol.com).

Please honor the reservation
deadline; to cancel, please call by
Thursday, February 22

Parking

University ramps and reserved
space in East River Road Ramp
with UMRA's discount coupon —
\$6 for the day.

February 27 Workshop: Falls are dangerous *and* preventable

A recent issue of *AARP The Magazine* reminds us that it has been nearly 30 years since the first LifeCall TV commercials introduced us to Mrs. Fletcher uttering her memorable cry: “Help, I’ve fallen, and I can’t get up.” At the time, the commercial may have seemed funny to many. But falling is no laughing matter.

Each year at least one of every three Americans age 65 years and over will fall, and this risk increases with each decade of life. Approximately 10 percent of these falls will result in a major injury such as a fracture, serious soft tissue injury, or a traumatic brain injury (TBI). According to the Centers for Disease Control and Prevention, TBI is a major cause of death and disability in the United States, and falls are the leading cause of TBI. Whether injurious or not, falls can lead to significant loss of independence and quality of life, as well as higher health care costs.

While many people think falls are a normal part of aging, the truth is they are not. Learning a few proven strategies for staying safe, such as increasing one’s physical activity, can help to prevent most falls.

Our February workshop will feature two experts in fall prevention from the University of Minnesota School of Nursing. They will discuss common myths about falls and what can be done to reduce the risk of falling as one ages. They will describe specific steps for reducing the risk of falling and tell us about an opportunity for getting involved in a research project at the U that is aimed at helping older adults incorporate some of these steps



Siobhan McMahon

into their daily lives. Dr. Jean Wyman, professor, Cora Meidl Siehl Chair in Nursing Research and director of the Center for Aging Science and Care Innovation, will provide information about falls and their causes, and she will counter some of the myths that people hold about falls.

Dr. Siobhan McMahon, assistant professor, will discuss her current National Institute of Nursing Research-funded study, which is investigating behavior change strategies

to help older adults incorporate fall-reducing physical activity into their lives. In addition to their faculty appointments, both Drs. Wyman and McMahon are board-certified gerontological nurse practitioners. Opportunities for volunteering for Dr. McMahon’s study will be highlighted.



Jean Wyman

Please join us after the UMRA luncheon on Tuesday, February 27, for this important workshop in the ABC room of the Campus Club. The fall you prevent could save your life!

— Kris Mortensen

When you need to cancel ...

Wait-list members want your cancelled reservations, so if circumstances will prevent you from using your UMRA luncheon reservations, please call, nay *shout*, to say your spot will be available. When reservations close, as they regrettably do, our reservation maven keeps a waiting list of members who would really like to attend. She is a genius at filling available seats *IF* she knows they will be vacant.

Make someone happy; if you find you can’t be there, contact Judy at jleahy4654@aol.com or 651-698-4387.

Come at 10:30 for coffee and 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.

Food for thought

“A good laugh and a long sleep are the two best cures for anything.”

—Irish Proverb

UMRA BOARD NEWS

At its January meeting the Board continued sifting through the plethora of suggestions from the membership “town hall” in October. The Board proposes the following priorities for the rest of this academic year.

Short-term priorities

Solve the problem of luncheon overcrowding. President-elect Jerry Rinehart’s task force is making good progress on this front.

Improve communications. The Board approved the report, more than a year in the making, of the Communications Task Force. After initially focusing on developing the new electronic version of the newsletter, the task force turned its attention to such issues such as raising the profile of UMRA in the University and improving website usability. A new standing Communications and Outreach Committee, chaired by Board member Claudia Parliament, will spearhead implementation of the report. Many thanks to task force chair Jean Kinsey and members John Anderson, Scott Elton, Cathy Lee Gierke, Ginny Hanson, and Dave Naumann, plus those invited from the editorial team: Kris Mortensen, Becky Anderson, Julie Medbery, and Sadie Brendalen.

Find an effective way to reach potential members.

The University’s Office of Human Resources (OHR) has ruled that HIPAA privacy provisions preclude the University from sharing lists of new retirees with UMRA as it used to do. We are working with OHR to find a satisfactory alternative.

Expand the range of activities offered to members.

There is great potential for more UMRA-wide events (success of the skyway tour and the UMRA tables at various Campus Club events is encouraging), as well as more special interest groups (as illustrated by the takeoff of the new Finance and Legal Group addressing these issues in retirement). See FLG article on this page and “UMRA Board encourages interest groups,” page 4.

Develop relations with the University. In the broad areas of what UMRA can do for the University and what the University can do for UMRA and retirees more generally, the Board asked the Council of Past Presidents to sift further the town hall suggestions and recommend priorities for the remainder of this academic year.

Longer-term priorities

The Board voted to undertake a fourth biennial one-day leadership retreat this summer. These retreats have permitted Board members, committee chairs, past presidents, and interested members to step back from day-to-day issues and reflect on the overall direction of the organization and develop longer-term priorities.

Additional thoughts on special interest groups

The Board believes that clubs and other sorts of self-organizing groups have great potential as engines for expanding the range of activities available to UMRA members. A few notes on creating such groups:

- **Process:** Any UMRA member(s) may propose a new special interest group. Once approved by the Board, a group becomes eligible for a website presence, use of the UMRA membership listserv for an organizing message, and announcements in the UMRA E-news and Newsletter.
- **Examples:** Currently we have only three such groups: the photo club, the book discussion club, and the retiree financial and legal issues group. What other common interests can bring us together? Please see article on page 4 for some ideas from other universities’ retiree organizations, as well as some of our own.

— Chip Peterson, UMRA President 2017–18

FLG invites members to learn about identity security

A new UMRA interest group, the Finance and Legal Group (FLG), will meet Wednesday, February 21, for a workshop on identity security. Dave Bell, president of Cyber Solutions Inc., will lead the presentation. All FLG workshops will be held on Wednesdays at 2 p.m. at John A. Knutson & Co., PLLP, classroom at 1755 Prior Avenue North, Falcon Heights, MN 55113. Workshops will also be available by computer and iPhone.

Mark your calendars for April 25 when the FLG workshop will focus on health care administration, medical issues, care taking, funding Long Term Care (LTC), and issues with LTC facilities. Lead presenter will be Jayne Clairmont, owner/consultant of English Rose Suites.

For information about content, directions to the location, or how to sign in for the online presentation, please email awhitman@umn.edu, or call 612-747-6015.

— Andy Whitman, Finance and Legal Group (FLG) facilitator

Nominating Committee invites member participation

The UMRA Nominating Committee will begin work this month to solicit names for the offices of president-elect, secretary, and treasurer, and for vacancies on the Board. A slate of candidates will be presented to the Board at its April meeting, and for election by members at the May luncheon and annual meeting.

According to UMRA Bylaws, in 2018-19, the current president, Chip Peterson, will become the immediate past president, and the current president-elect, Gerald Rinehart, will become the president of UMRA.

If you or anyone you'd like to suggest are interested in serving on the Board, please contact the Donna Peterson at dcp@usfamily.net.

— Donna Peterson, Nominating Committee chair and past president

UMRA membership is mapped

UMRA had 646 members in December 2017. With help from U-Spatial we mapped the location of those members across the Twin Cities. This map, posted on our website at <https://umra.umn.edu/news/geomap> shows where most of our members live. People may find this useful for setting up carpools or for regional meetings.

We learned that members are clustered near the two Twin Cities campus areas—University Grove in St. Paul and Prospect Park in Minneapolis. They are found elsewhere in those cities too—Highland Park in St. Paul and the Chain of Lakes in Minneapolis. About 46 percent live in 554xx (Minneapolis and inner suburbs) and about 40 percent of our members live in zip code 551xx (St. Paul and inner suburbs). Another 12 percent live in the greater Twin Cities in zip codes 550xx and 553xx or across the Minnesota border in Hudson, Wisconsin.

The rest live beyond normal commuting distances. Besides members in Greater Minnesota, we have 26 members scattered across 13 states not counting western Wisconsin. The UMRA mailing list shows us living in all four corners of the U.S. and places in between. We are in Boston, San Diego, Portland, and Estero Florida on the Gulf Coast. We hope these more distant folks are able to get to at least one meeting per year, but we are happy for their membership and for wanting to stay in touch.

— Will Craig, UMRA Board member

Socialize with UMRA members over Japanese cuisine February 15

Join fellow UMRA members on February 15 for a ramen and sake pairing dinner at 5 p.m. in the Campus Club Bar. The menu features a delicious three-course meal, each course paired with a different sake.

First course: carrot and shrimp kakiage (mixed tempura); second course: miso tahini ramen with pork, nameko mushrooms, egg, and bok choy; third course: fresh ginger and citrus sorbet.

The cost is \$35 for Campus Club members, \$40 for non-members. To reserve a space, call 612-624-9136 and mention that you are an UMRA member. Tables for UMRA will be reserved.

— Cherie Hamilton, Social Activities chair

UMRA Board encourages members to create new interest groups

Through the plethora of suggestions from the membership “town hall” in October, one thing is clear. UMRA members would like to get together more often than for the eight luncheons each year. Ideas abound, and special interest groups are one way of meeting with like-minded friends and those whose interests align with our own.

The Board wants to encourage members not only to join the current interest groups—the photo and book discussion clubs and the finance and legal group—but also to think about other possibilities.

Here are examples from websites and newsletters of other Big Ten retiree associations: walking/hiking, mall walking, biking, motorcycling, flying, tennis, golf, bowling, square dancing, bridge, knitting, quilting, family genealogy, local jazz events, Sherlock Holmes and Greek interpreters, tertulia breakfast, travel discussion, U.S. military history discussion, international events, international affairs study, dire human needs overseas. It doesn't take much time to think of other possibilities of our own. How about an UMRA French conversation club, a lunch group in a particular Twin Cities area, or a Habitat for Humanity crew? The sky's the limit. Contact any board member with your idea and willingness to organize.

— Chip Peterson, President
c-pete@umn.edu

January workshop recap—Finding meaning and purpose in retirement

The January workshop, led by Ron Anderson, chair of the UMRA Cares Committee, featured a panel of UMRA members who were asked to talk about their personal

journeys into retirement and any major transitions that may have led them to reassess what gives them a sense of meaning and purpose in



Audience contemplated workshop discussions.

their lives. All the panelists—Jan Hogan-Schiltgen, Dave Naumann, Kathleen O’Brien, and David Wark—seemed to share the “purpose statement” expressed by one: “Enjoy life, do good, and try to add value.”

For some, the notion of a sense of purpose was fostered in early childhood. Hogan-Schiltgen, for example, said she grew up on a farm where there was always work to be done, and her role was to take care of the chickens. It was a lesson that served her well throughout her academic career and keeps her going today as a volunteer leader and advocate for stable housing to help families transition out of homelessness.

Wark, emeritus professor of psychology, hypnosis expert, and self-described “happy person,” led the entire assembly, both panelists and workshop attendees, through an exercise intended to uncover new ideas about what’s purposeful and meaningful.

Among the comments offered during the discussion period, one participant recommended “Living on Purpose,” a course offered by the U’s Center for Spirituality and Healing. And Earl Nolting, former chair of the Cares Committee, recommended a new book, *Mindfulness for Fidgety Skeptics*, by journalist and author Dan Harris.

For additional details about the workshop, please visit UMRA Cares at <https://umra.umn.edu/news/2018-002-meaning-and-purpose-retirement> where you will find a summary by Ron Anderson, plus the background paper he prepared for the workshop.

Volunteer—URVC offers a “Cocktail of Volopportunities”

The University Retirees Volunteer Center maintains a vibrant mix of volunteer projects, both to satisfy our volunteers’ many interests and to contribute to our communities. Some projects are challenging, and others meet our need for civic responsibility. Each of us has special skills. Let’s find ways to use them in helping others. Here are a few projects URVC is promoting this month.

Urban Debate League’s Middle School Tournaments:

Judging. February 20, March 1, 8, 13, 14, 15, with city championships March 20. The time frame for each is 3 to 7:30 p.m. Dinner is provided. Each event is at a different metropolitan area school; conference championships on March 13, 14, and 15 are at the University of Minnesota. Training for judges and scoring rubrics are online, plus one-half hour before debate.

Project for Pride in Living (PPL) Develop a meaningful relationship with a young person. Following background check and phone interview, PPL staff will provide you with required training and support. Three projects:

- **Tutor/Mentor for youth (K-8th grade)** one-on-one in the Payne-Phalen area in St. Paul. Twice-weekly commitment until mid-May on Tuesdays and Thursdays, 4:30 to 6:45 p.m. Structured literacy tutoring supplemented by enrichment activities.
- **Tutor/Mentor** (as above) in Highland Park in PPL’s Fort Road Flats Apartments, 5:30 to 7:45 p.m.
- **Digital Archive Volunteer** Office specialist to scan documents to transfer paper filing system to digital archives; assist the Compliance Department at the PPL Service Center, 1035 E. Franklin Avenue, Minneapolis. Minimum commitment of four to eight hours per week for two months during office hours.

Usher at Rarig Center: Shakespeare’s *A Midsummer Night’s Dream*. Evening performances (6:30 p.m. for ushers) February 22, 23, and 24, and March 1, 2, and 3. Matinee performances (1 p.m. for ushers) February 25 and March 4.

Fresh Produce Distribution (Second Harvest Heartland): Friday afternoons at St. Paul City School (1:30 to 5:30 p.m.) OR **Food Sorting and Packing** at Second Harvest, Golden Valley or Maplewood warehouses (two- to three-hour shifts to fit your schedule).

Contact urvc@umn.edu or 612-625-8016 to register for any of the above or for additional information.

— Alan Kagan, URVC coordinator

Photo Club pix to feature snow and ice at February meeting

The UMRA Photo Club will meet on Tuesday, February 13, from 12:30 to 2:30 p.m. at the St. Anthony Branch of the Hennepin County Library in the small shopping center at New Brighton and St. Anthony Boulevards in St. Anthony Village. Come at 11:30 a.m. for lunch and camaraderie at the Great Dragon Buffet located across the parking lot from the library. (Ask for the senior discount.)

The meeting will begin with members showing pictures related to the February theme, “Winter: Snow and Ice.” Attendees should email three to four “snow and ice” pictures to Dick Kain, kain@umn.edu, by Monday February 12, and also bring to the meeting 10 pictures on a flash drive to share and discuss.

If you enjoy taking pictures, consider coming to one of our meetings. Most of us are amateurs who like to take pictures and want to get better. We all benefit from the help we get from each other. For more information, contact Sheri Goldsmith May, golds009@gmail.com or Craig Swan, swan@umn.edu.

Members tour St. Paul skyways



Ron Anderson led tour participants in discussing “Speaking of Home,” a 58-photo exhibition that has transformed four of St. Paul’s skyways into a monumental public artwork exploring the meaning of home among first-generation Minnesota immigrants. Each photo shows the immigrant in his or her home countries before (in many cases long before) the move to the U.S., and each is accompanied by a biographical sketch.

UMRA Book Club to discuss *The Home Place* at February 16 meeting

Book Club member Judy Helgen will lead the discussion of *The Home Place: Memoirs of a Colored Man’s Love Affair with Nature* by J. Drew Lanham at the February 16 meeting. The Book Club meets at 2 p.m. the third Friday of every month except December. Meetings are held at the 1666 Coffman Building, which is on Larpenteur Avenue near the St. Paul Campus. Newcomers are welcome. For more info contact Pat Tollefson at p-toll@umn.edu.

Dark Money provokes lively discussion at January Book Club

The most common reaction to Jane Mayer’s *Dark Money* was amazement at the billions of dollars the very rich have at their disposal, and the billions they spend to place Far Right politicians into state and federal offices. One member said that just thumbing through the book was enough to scare her; and she chose not to read the book. Another expressed concern that dark money is given to universities and colleges as a way of having influence on what is taught.

Below is a review of *Dark Money* by Mariah Snyder, January discussion leader.

Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right, by Jane Mayer, provides a well-researched (five-year) exposé on the impact of money on many aspects of American life and politics. Mayer, a staff writer for *The New Yorker*, details how a number of United States billionaires, such as the Koch brothers, Mellon-Scaife, Bradley brothers, Prince DeVos, and others, made their money, and how they now use it to influence political affairs. Mayer lists companies, colleges/universities, and organizations owned or influenced by this money. After reading *Dark Money*, one is left with the question: “Can the impact of big money on our political system and way of life be stopped or ever be reversed?”

Dark Money was published in 2016 before the presidential election. For more up-to-date article by the same author, Jane Mayer, published in *The New Yorker*, March 27, 2017, enter the following into your web browser:

[The Reclusive Hedge-Fund Tycoon Behind the Trump Presidency](#)

— Mariah Snyder, UMRA Book Club member

In Remembrance

We report the passing of UMRA members as we learn of these losses to our UMRA community. Our condolences to the families and friends of:

- J. Stephen (Steve) Weeks, associate professor in the College of Design, Department of Architecture, who retired in 2010, died on December 18, 2017. Steve also served as director of graduate studies, and of undergraduate studies, and co-head of architecture. His wife, Karen Gorder Weeks, continues as a member of UMRA.
- Cyrus Smythe, Carlson School of Management, Department of Industrial Relations faculty, died on December 26, 2017. His private firm consulted on labor relations with particular attention to pay equity and worker's rights.

UMRA Cares supports members

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.

January speaker answers question: What makes a good place to grow old?

UMRA members who braved unplowed streets and parking challenges (except for those arriving by light rail) were treated to a fine presentation at our January luncheon by Vancouver native and U of M doctoral candidate Jessica Finlay, whose academic work is focused on human geography and social gerontology.



John S. Adams, emeritus professor of geography, introduced January's speaker Jessica Finlay, who spoke about what makes a good place to grow old.

"It's an unusual pairing," she said. "I'm kind of an academic unicorn."

According to the U.S. Census Bureau, the number of Americans ages 65 and older will double from 46 million today to more than 98 million by 2060, and the 65+ age group's share of the total population will rise from 15 percent to nearly 24 percent.

And yet, Finlay noted, many of our neighborhoods are "Peter Pan communities—designed and built for people who never grow old."

Finlay's research asked a sample of 125 self-identified older residents of the inner city (in and near downtown Minneapolis), outer city (North Minneapolis), and suburbs (Eden Prairie) "What constitutes a good place to grow old." Participants included persons living alone or with others; in houses, condos, apartments, or homeless shelters; persons of varying financial circumstances; and persons with varying mobility limitations.

She began assembling her sample of subjects by volunteering at a center for the elderly, with each person who agreed to be interviewed helping her contact others. Soon she had dozens eager to tell their stories. Visiting people in their homes and walking with some in their neighborhoods, she observed and assessed their major concerns regarding mobility; safety and security; how they remained socially connected; and the challenges many faced in gaining access to shopping and essential services.

How and where we live affect our health and well-being, and Finlay hopes to eventually use her research to help make the built environment healthier, happier, and safer for aging in place. It was a splendid presentation followed by a stimulating Q&A.

—John S. Adams



Shirley and Bob Holt follow up with questions for Jessica Finlay, UMRA's luncheon speaker in January.

UMRA University of Minnesota Retirees Association

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Minneapolis, MN 55455-2002

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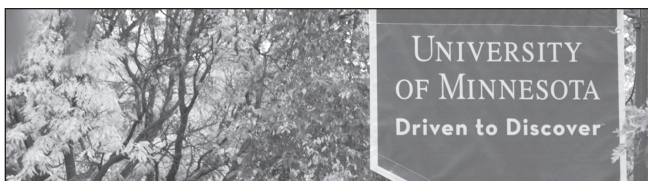
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UMRA's phone: 612-626-4403
Website: umra.umn.edu

Thank you to the University of Minnesota Foundation for sponsoring the February Newsletter.



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.



Welcome new members to UMRA

Please give a hearty welcome to five new members who have joined UMRA since the last newsletter. Greet them at luncheon meetings and help introduce them to others:

- Susan Gangl,
Research and Learning / Arts and Humanities,
associate librarian
- Louise A. Hertsgaard,
Masonic Cancer Center / Tobacco Research,
civil service
- Clareyse Nelson,
University Hospital, laboratory administrator
- Susan Carlson Weinberg,
U Real Estate Office, director of real estate
- Gwen Willems,
CEHD, program evaluator (returning member)

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