

MAY 2018

President Eric Kaler to keynote Annual Meeting in Campus Club West Wing

We are excited to welcome University of Minnesota President Eric Kaler as the keynote presenter at UMRA's 2018 Annual Meeting on Tuesday, May 22, in the West Wing of the Campus Club. It has been a while since we've had the University president join us, and this perhaps makes the general theme of his talk particularly relevant: "Perspectives on the U Today and Tomorrow."



We're also excited about the new time, new format, and new location chosen for the meeting as part of the Board's exploration of options to increase capacity and improve participant experience at UMRA's monthly gatherings. The event will be an afternoon reception from 4 to 6 p.m. with a sumptuous buffet of hearty hors d'oeuvres for us to enjoy while socializing with friends and colleagues. The brief business part of the meeting will include the election of new Board members before it will be time for us to hear from our keynote speaker, President Kaler.

- Among the important issues the president may include are the following:
- Legislative issues update
- President's Initiative to Prevent Sexual Misconduct
- System-wide Strategic Planning initiative
- Update on Grand Challenges efforts
- NCAA athletics issues; President Kaler is the Big Ten representative to the NCAA and chair of the NCAA Division I Board of Directors

Eric Kaler took office as the University's 16th president in 2011. Since then, he has focused on core priorities: academic excellence, access for qualified students, stewardship of tuition and public dollars, diversity and a welcoming and respectful campus climate, a world-class research enterprise that aligns with the needs of the state of Minnesota and its industries, and a deep commitment to public engagement and outreach, locally and globally.

In 2014 and 2015, he led a strategic planning process with the Twin Cities campus that called for a rejection of complacency, a deep culture change, and curriculum and research approaches to the "grand challenges" facing our state, nation, and world. That plan is now being implemented.

President Kaler received his Ph.D. in chemical engineering from the University in 1982 and was elected to the American Academy of Arts and Sciences in 2014. He is also the current chair of the Big Ten Council of Presidents and Chancellors.

—Jerry Rinehart, Program Committee chair

UNIVERSITY OF MINNESOTA

GALA RECEPTION AND ANNUAL MEETING AT A GLANCE

Tuesday, May 22, 2018
 4–6 p.m.

Featured Speaker
Dr. Eric Kaler, president
University of Minnesota

Location
 West Wing
 Campus Club, Fourth Floor
 Coffman Memorial Union

Buffet menu
 Festive and hearty appetizers, fresh fruit platter, coffee and tea, plus a cash bar.

Reservations ARE Required.
Deadline: Thursday, May 17
 Prepayment of \$30 per person. Annual prepayers, please make reservations.

Reserve and pay online at
UMRA>Events>Luncheon Reservations
 Or, send your check payable to UMRA to:
 UMRA Reservations
 c/o Judy Leahy Grimes
 1937 Palace Ave., St. Paul MN
 55105-1728
 Or, contact Judy before the deadline at 651-698-4387 or
 jleahy4654@aol.com.
 Please honor the reservation deadline; to cancel, please call by
Thursday, May 17.

Parking
 \$6 maximum in University ramps with UMRA's discount coupon. No reservations for this event.

May meeting includes annual election

During the business portion of our meeting, members will elect UMRA's leadership for 2018–19.

For officers:

President: Jerry Rinehart (will automatically move from his current position as president-elect to president)
President-elect: Bill Donohue
Secretary: Lynn Anderson
Treasurer: Carl Adams (continuing his service)

For Board of Directors:

Frank Cerra
Claudia Parliament (for a three-year term)
Kaimay Yuen Terry
Gloria Williams (for second three-year term)

Please turn to page 4 for profiles of the candidates.

After their election the above members will join in leading the organization with UMRA's new and immediate past presidents, Jerry Rinehart and Chip Peterson, respectively, and with the Board members who are continuing to serve out their terms: Vernon Cardwell, Will Craig, Cathy Gierke, Judy Leahy Grimes, Cherie Hamilton, Jeanne Markell, Kathleen O'Brien, and Richard Poppele.

Board members who are completing their terms are: past President Donna Peterson, Secretary Judy Garrard, and Board members John Howe and Steve Benson.

Please join in the festivities of the May reception and annual meeting to celebrate a successful year and to thank these members for their service and leadership.

— Nominating Committee: Donna Peterson, chair

Thank you to the College of Continuing Education and Professional Studies for helping to sponsor our May newsletter.


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FROM THE PRESIDENT

UMRA BOARD NEWS

Highlights of the coming year

Planning for next year's meetings continues to loom large in Board activities. We are hoping the experiment the Board and Campus Club have negotiated will prove a crucial first step toward resolving two major issues members have consistently raised about Campus Club Room ABC: inadequate room capacity, which results in reservation closure, and cramped spaces that inhibit circulating and socializing.

Save the Dates!

The dates and most times for meetings are now set. We will continue to meet on fourth Tuesdays, but hours and venues will vary. Speakers and workshops are lined up for fall dates; winter and spring are still to be determined. We urge members to keep the following information for reference and to copy the dates and times into your calendars:

- Sept. 25: Afternoon in West Wing (new schedule). 4–5 p.m., social hour with buffet of appetizers; 5–6 p.m. Speaker: William Doherty, Department of Family Social Science, "Communicating Across Deep Political Chasms." No workshop in September.
- Oct. 23: Noontime in ABC (same schedule as in past years). 10:30–11:30 a.m., social hour in bar; 11:30 a.m.–1 p.m., luncheon and speakers (UMRA grant recipients on their projects); 1:30–2:30 p.m., Workshop: U retiree health insurance offerings for 2019.
- Nov. 27: Noontime in West Wing (same schedule as October). Social hour in West Wing rather than bar. Speaker: Kathryn Pearson, political science, analyzing midterm election results; Workshop: Ted Bowman on grief and related decision-making.

Winter to Spring 2019 calendar

- Jan. 22: Noontime in West Wing
- Feb. 26: Noontime in ABC
- March 26: Noontime in West Wing
- April 23: Either noontime in ABC or afternoon in West Wing. If the latter, workshop will be at 3 p.m.
- May 21: Either noontime in ABC or afternoon in West Wing. (Note: May annual meeting is the third Tuesday rather than the usual fourth, because of Memorial Day.)

Continued on page 3 ...

Luncheon or buffet fees

The Board has adopted the principle that luncheon and buffet fees should be the same throughout the year (with the exception of the May celebratory annual meeting), rather than vary by venue or time of day. Fees will have to increase, partly because of the higher rent for the West Wing than ABC but mostly because of rising Campus Club charges in general. The Board deferred its final decision until the May meeting, but it seems probable that fees for next year will be in the \$20 to \$22 range.

Survey

Please watch for a survey that will be emailed to members shortly after the May meeting. Your feedback on afternoon vs. noontime meetings will help us decide which schedule and venue to select for April and May next year.

— Chip Peterson, UMRA President, 2017–18

University photographer to lead May photo shoot on U of M Campus

The UMRA Photo Club will meet on Tuesday, May 8, from 2 to 4 p.m. for a photo shoot on campus with University photographer Patrick O’Leary. Patrick is a terrific photographer and knows the campus inside and out.

To join the photo shoot, please contact Sheri Goldsmith May at golds009@gmail.com or Craig Swan at swan@umn.edu. We’ll let you know where we will meet on campus. And for those who wish to have lunch together before the shoot, we’ll arrange a venue.

In June, the Photo Club will have its last meeting before taking a summer break. We’ll meet on Tuesday, June 12, at the St. Anthony branch of the Hennepin County Library from 12:30 to 2:30 p.m., with lunch at 11:30 a.m. at the Great Dragon Buffet, located across the parking lot from the library, for those who wish to come early. We welcome photographers of all abilities. If you enjoy taking pictures, consider coming to one of our meetings.

Food for thought

“We’re lost, but we’re making good time.”

—Yogi Berra

Volunteer Opportunities: Help people with memory loss and their caregivers

Memory loss is frightening for all of us. When we see its effects upon others, we may feel motivated to do brain stimulation exercises for ourselves and to help the caregivers—often spouses—of those who suffer. The Lyngblomsten Care Center has a new state-funded program to assist both clients suffering from memory loss and their caregivers. There are two ways you can help.

The Gathering group respite program. This is a five-hour program of brain-stimulating activities carried out in a group. Each memory-loss person is paired with a volunteer who ensures the memory-loss person’s safety and interaction while also giving their regular caregiver five hours of relief.

You are invited to observe a “gathering” for a 60- to 75-minute introduction to the procedures and discussion of caregiver services. These gatherings are conducted at six church locations in St. Paul, Roseville, and White Bear Lake (see list below). Those who agree to volunteer will participate in a training session at the Lyngblomsten facility in St. Paul’s Como neighborhood. Volunteers may then schedule a five-hour “gathering” session once or more monthly.

Upcoming dates and locations:

May 8, 10 a.m. West St. Paul, Salem Lutheran Church, 11 Bernard Street

May 17, 10 a.m. White Bear Lake, United Methodist Church, 1851 Birch Street

June 5, 10 a.m. Roseville, Centennial United Methodist Church, 1524 County Road C2 West

June 21, 10 a.m. White Bear Lake, First Presbyterian, 4821 Bloom Avenue

June 26, 11 a.m. Woodbury, Woodbury Baptist Church, 6695 Upper Afton Road

Memory-Loss Caregiver Respite Volunteer Project.

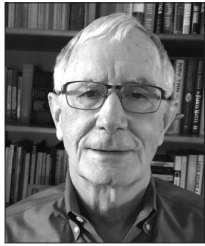
A separate program provides in-home relief for caregivers. The volunteer spends two to three hours with the memory-loss client to allow the caregiver time off. This also requires a training session at the Lyngblomsten Como facility. The commitment is one session weekly.

To register and observe a “gathering,” or for information about other opportunities for volunteering with the University Retirees Volunteer Center, please email urvc@umn.edu or call 612-623-8016.

— Alan Kagan, URVC Coordinator

Meet the candidates for UMRA's 2018–19 Board

Candidate for president-elect



Bill Donohue retired from the U of M in 2016 after serving for 33 years in the Office of General Counsel as a litigator, director of litigation, deputy general counsel, and finally general counsel. Bill provided legal advice on matters affecting all aspects of the University and supervised and hired personnel to meet increasing legal needs. Before coming to the University, he served in the Minnesota Attorney General's Office for several years.

Candidate for re-election as treasurer



Carl Adams retired in 2013 from the faculty of Information and Decision Sciences in the Carlson School of Management. He served as department chair for 18 years; special assistant for Planning for Bob Stein and subsequently President Nils Hasselmo; and director of Management Information Systems Research in CSOM for six years. He also served on the U Senate in many capacities over 40 years. Carl has served on the UMRA Board since May 2014 and as treasurer since 2015.

Candidate for election as secretary



Lynn C. Anderson was director of Curriculum Integration and associate director of the Learning Abroad Center for eight years, and senior advisor in CLA Advising for 19 years. She taught German, ESL, and foreign studies at the U of M and was the SPAN faculty advisor for students doing research in Germany. Before retiring, she served six years as dean of International Education and director of the International Center at UC San Diego.

Four Candidates for Board of Directors



Frank Cerra joined the U of M in 1981 as a trauma critical care surgeon and conducted a large research program, publishing in liver cell metabolism, nutritional and metabolic support of the critically ill and injured, and interprofessional education. Entering academic administration as department head in Surgery,

he became dean of the Medical School, and then served 15 years as senior vice president for Health Sciences. In 2011 he stepped away to become senior advisor to the National Center for Interprofessional Education and Collaborative Practice.



Claudia Parliament retired in 2015 after 30 years as a faculty member in the Department of Applied Economics in the College of Food, Agricultural and Natural Resource Sciences. During that time, she served as director of the Minnesota Council on Economic Education, a non-profit within the University. In retirement she continues her interest in synchronized swimming. She currently serves on the UMRA Activities Committee and chairs the newly created Communications and Outreach Committee. Claudia has served on the Board since 2017 and is standing for re-election to a three-year term.



Kaimay Yuen Terry was born and raised in Hong Kong and received degrees from Oberlin College, the University of Chicago, and Johns Hopkins University. She has served as senior health planner, United Way of Minneapolis; codirector of the (NIH) Aging Project, George Washington University; and chief, Community Social Service, Tufts New England Medical Center. Her company, K. Y. Terry and Associates, provides corporate seminars on work and family balance. VideoMed, Inc., which she founded, produces multilingual health information videos nationwide. She is married to UMRA member Dr. Joseph Terry, an ophthalmologist and retired Health Sciences faculty member.



Gloria Williams retired in 2009 after teaching and research activities for 14 years on the faculty of the Department of Design, Housing, and Apparel in the College of Design. In 2013, she received a Professional Development Grant for Retirees award to do research on crafting an intellectual biography of Joanne Bubolz Eicher. She serves as UMRA's historian and is standing for re-election for her second three-year term.

— Julie Medbery, UMRA Newsletter editorial team

April speaker addressed the history of American xenophobia

Prof. Erika Lee, director of the U's Immigration History Research Center, addressed the complicated nature of the United States' approach to immigration and provided a "quick tour" of the country's history of xenophobia, beginning in the mid 1700s when Benjamin Franklin voiced his concerns about the "swarthy threat" posed by German immigration to Pennsylvania.

Lee noted recent dramatic shifts in immigration policy under the Trump administration, exemplified by the change in the mission statement of the U.S. Citizen and Immigration Services in early 2018, when the federal agency eliminated the words USCIS "secures America's promise as a nation of immigrants" and replaced them with "administers the nation's lawful immigration system."

Lee characterized this shift in policy as rooted in a belief that the U.S. is under siege from immigrants and, therefore, that anti-immigrant sentiment is a natural consequence of these social forces. Nevertheless, it is a shift from the country's recent past which, since 1965, has had a law excluding explicit racism and racial preference from immigration policy. The 1965 Immigration and Nationality Act "was seen as a turning point, making xenophobia a thing of the past," Lee said. "But Trump has laid bare the nation's (residual) xenophobia, nativism, and racism."

Lee explained that there is a historical pattern that has targeted immigrants: Germans (1770s and 1910–20), Irish Catholics (1840s–80s), Chinese (1880s), Japanese (1940s), and Mexicans at various periods. Sometimes anti-immigrant movements were related to economic depressions and wars, but not always.

And the U.S. treated these various immigrant threats in exceedingly different ways: restrictions for southern and eastern Europeans, exclusion and incarceration for Asians, and mass deportation for Mexicans.

The current period is starkly different because of the economic prosperity of the U.S. and its primacy as a world power, Lee said. She is concerned that xenophobia has become resistant to humanitarian concerns and fails to honor the greater American tradition that the U.S. is truly a nation of immigrants. "Xenophobia is an American tradition, but we don't have to accept it," she concluded.

—Bill Donohue, Program Committee

April workshop surveyed caregiving for Alzheimer's and related diseases

Joseph Gaugler, Ph.D., a gerontologist and professor of long-term care, gave an overview of Alzheimer's disease and related diseases (ADRD), and then emphasized the critical importance of family caregivers. He also summarized his many research projects assessing alternative caregiving strategies.

One of the little appreciated facts Dr. Gaugler highlighted during the UMRA workshop was that "83 percent of all help provided for persons with ADRD comes from family members."

He strongly recommended "Dementia prevention, intervention, and care," published in *The Lancet* in December 2017, which summarizes the latest research and conclusions regarding care of those suffering from Alzheimer's. The article notes "dementia is the greatest global challenge for health and social care in the 21st century."

With his team of a dozen researchers, Professor Gaugler simultaneously runs a variety of studies to learn both the quality of care provided to those with ADRD but also the effectiveness of



Dr. Gaugler explains his studies regarding Alzheimer's and quality of care provided.

existing programs and new tools for family caregivers. In addition to his very busy research and teaching schedule, he also holds an annual event called "Caring for a Person with Memory Loss Conference." This year it will be on Saturday, June 2, from 8 to 4:30 p.m., at the HHH Conference Center on the West Bank. The conference is free but advanced registration is required. To learn more, visit nursing.umn.edu/events/caring-person-memory-loss-conference.

The annual conference is Professor Gaugler's way of contributing to the people of Minnesota who are curious about ADRD.

—Ron Anderson, Workshop Subcommittee acting chair

Cares Committee recommends two local meditation centers

Of the many places to find meditation classes in the Twin Cities, two that have attracted UMRA members are the University's Center for Spirituality and Healing on the East Bank campus, and the Common Ground Meditation Center located at 2700 East 26th Street in Minneapolis, near Franklin Avenue and the West Bank campus.

In learning to meditate, you may wish to receive in-person instruction rather than using a book or an app. In-person classes offer the advantage of instruction tailored to your personal needs and questions, as well as the support and camaraderie of fellow students.

The Center for Spirituality and Healing (csh.org) offers a variety of mindfulness programs, two of which are of particular interest: half-day and full-day retreats for \$49 and \$79 respectively. Also offered is an eight-week course on mindfulness-based stress reduction for \$425 (UMRA members get a 10 percent discount). The half-day retreat is for beginners and the full-day retreat is for those with some meditation experience. The eight-week course is for those who want to take a deeper dive into meditation and other mindfulness techniques; it consists of weekly classes and one full-day retreat.

The Common Ground Meditation Center (commongroundmeditation.org) is a community-based center that charges no fees and supports itself with voluntary donations. Serving more than 500 people weekly, the Center offers weekly practice groups, drop-in meditation sessions, retreats, workshops, yoga and qigong classes, as well as talks by visiting teachers and community groups. For beginners, the Center offers a six-week introduction-to-meditation course and an introductory half-day workshop.

— Ron Matross, Cares Committee member

Mindfulness meditation practitioners needed for November workshop

The Cares Committee is planning a workshop for November 2018 on the topic of Mindfulness Meditation. Ron Matross will lead the workshop. If you practice mindfulness or meditation in some form and would be willing to talk briefly about it, please contact Ron Matross (matross@gmail.com) or Ron Anderson (rea@umn.edu). Anderson (rea@umn.edu).

In Remembrance

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

Bright Dornblaser died April 12, 2018. Professor Dornblaser was a distinguished leader in the School of Public Health and Master of Healthcare Administration program. Retiring in 1998, he remained active in healthcare administration, SPH, and as a member of UMRA.

Evan "Pete" Menz died February 27, 2018. A University graduate with a degree in aeronautical engineering, Pete served the U as faculty and staff from 1952 to 1990, much of his career in the Office of the Vice President of Finance and Operations. He and his wife, Betty, were both members of UMRA.

Kathleen Pusch passed away March 8, 2018. She was the widow of Frederick Pusch, a member of UMRA until he died in May 2007.

Ruth D. Weise, who was a nurse educator in the U's School of Nursing for more than 20 years, died April 9, 2018. In her retirement, Ruth became a consociate of the Sisters of St. Joseph of Carondelet in St. Paul with a primary ministry in service to the elderly.

— Kathleen O'Brien, Cares Committee

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.

FLG meeting to focus on estate planning

All UMRA members are invited to the Finance & Legal Issues Group (FLG) workshop on Wednesday, August 15, from 2 to 3 p.m. at the John A. Knutson & Co., PLLP classroom, 1755 Prior Avenue North in Falcon Heights, MN 55113.

We'll focus on issues involving trusts and tax-effective lifetime distributions among family members and charities. Please send your suggestions to me at awhitman@umn.edu or 612-747-6015. For directions to the classroom location or how to sign in for the online presentation, please contact Kim Elm, John A. Knutson & Co., kelm@jakcpa.com or 651-379-5732.

— Andy Whitman, FLG Coordinator

Social Committee plans autumn Arboretum tour

The UMRA Social Activities Committee invites you to a narrated, one-hour tram tour to view the vibrant, early autumn colors at the award-winning Minnesota Landscape Arboretum. The tour will be followed by light refreshments and socializing.

Participants will ride the shuttle into the heart of the Arboretum, with step-off and step-on service at the Home Demo Garden, Harrison Sculpture Garden, and Maze Garden plus the Learning Center. There also will be a stop at the new Tashjian Bee and Pollinator Discovery Center.

The \$25 price includes admission, tram tour, refreshments, and social gathering. Reservations are limited to the first 40 persons. Please send a check payable to UMRA for \$25 per person, write "Arb Tour" in the memo section, and include the participant name(s). For questions, contact Fred Bertschinger at fredbx43@gmail.com.

Date: Wednesday, September 5, 2018, 1–3 p.m.

Send check to: UMRA, McNamara Alumni Center, Room 264, Suite 250, 200 Oak Street S.E., Minneapolis, MN 55455-2022

Book Club to discuss *Brother, I'm Dying in May*; summer reading

The UMRA Book Club will meet on Friday, May 18, 2018, beginning at 2 p.m. to discuss *Brother, I'm Dying*, a memoir by Edwidge Danticat. Judy Grimes will lead the discussion. Looking further ahead, here are the club's picks for summer reading: June, *The Reminders* by Val Emmich, discussion leader Paula Knutzen; July, *The Professor's House* by Willa Cather, discussion leader Herb Sherer; and August, *A Gentleman in Moscow* by Amor Towles, discussion leader Stephanie Daily.

The Book Club meets on the third Friday of every month except December. Meetings are held at the 1666 Coffman Building on Larpenteur Avenue near the St. Paul Campus. Newcomers are welcome! For more information, contact Pat Tollefson, p-toll@umn.edu.

Book Notes: Club members learn about Zimbabwe from *The Last Resort*

In April the Book Club read *The Last Resort: A Memoir of Zimbabwe* by Douglas Rogers. Rogers tells how his parents adapted, survived, and even thrived during the chaotic events that took place in Zimbabwe during the reign of Robert Mugabe. Lyn and Rosalind Rogers owned and ran Drifters, a game farm, backpacker lodge, and well-known tourist destination written up in "*The Lonely Planet*." The story begins when the author's parents are totally upended in 2000 due to President Mugabe's government's granting veterans (from the country's liberation war) the right to invade and take over white-owned farms. Rogers' parents loved Zimbabwe and were determined to stay in the country. Rogers describes the amazing and often shocking ways they and others, both black and white, coped. The story ends during the country's 2008 elections, a time of mayhem and upheaval.

Comments ranged from "the book blew me away" to "it was stranger than fiction." Most members felt they learned a lot about the history and culture of Zimbabwe and were inspired to learn more. A couple members said the book was depressing and they didn't like the author's voice.

Rogers was gracious enough to reply to an email inquiring about the situation in Zimbabwe today. He wrote, "Things may finally be changing in 'Zim,' thanks to the [2017] coup." He is writing a new book about the uprising that led to Mugabe's resignation from the presidency last year at the age of 93.

—Mary Jane Towle, Book Club member



UMRA Book Club members display their April read, "The Last Resort."

UMRA University of Minnesota Retirees Association

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Please consult your professional advisor before making a gift.

Welcome new members to UMRA

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

- Cheryl Brady, Provost's Office, civil service, HR coordinator
- Rynda N. Carlis (spouse of John V. Carlis, Computer Science and Engineering, faculty and P&A, who passed away February 21, 2018)
- Keith Dunder, Academic Health Center, Office of General Counsel, P&A, Academic Health Center counsel
- Sandy K. Keith, Center for Urban and Regional Affairs, P&A
- Beverly Moe, Office of the President, Office of the General Counsel, civil service, senior paralegal

For contact information, use the Member Search in the password-protected area of the UMRA website at retirees.umn.edu/member-search