

FEBRUARY 2020

RiverFirst: Unlocking the potential of the Minneapolis riverfront

When the Minneapolis park system was founded in 1883, community leaders envisioned protecting the city's lakes and riverfront as public parks. However, the 5.5-mile stretch of the Mississippi River above St. Anthony Falls was already heavily industrialized, making it unavailable as parkland. As a result, North and Northeast Minneapolis have scarce access to regional natural resources yet today.



The Mississippi River remains one of the Twin Cities' greatest assets, and, in the words of Tom Evers, executive director of the Minneapolis Parks Foundation, "It is our generation's opportunity to reimagine the riverfront to reflect our 21st-century community needs and values. The Minneapolis Parks Foundation and the Minneapolis Park and Recreation

Board are unlocking the potential of the Upper Mississippi Riverfront through a network of new parks and trails in a bold vision known as the RiverFirst Initiative."

Evers, our guest speaker in February, will talk about two RiverFirst parks under construction: Water Works and the Great Northern Greenway Overlook. Water Works, adjacent to St. Anthony Falls and the Stone Arch Bridge, will bring significant new historic, cultural, and recreational amenities to one of the most iconic locales in the state. The Overlook will be the first new park on the riverfront in North Minneapolis in nearly a generation. Other RiverFirst projects include the riverfront park at Upper Harbor Terminal, restoration of Hall's Island, and the future Graco Park.

Leveraging the power of parks

Thanks to the support of visionary organizations, families, and individuals who've invested in the \$18.1 million RiverFirst Capital Campaign, the Parks Foundation is leveraging the power of parks to create a welcoming destination for culture and recreation and a source of equitable economic growth.

Evers has focused his career on strategically guiding organizations dedicated to parks, land conservation, and youth development. Prior to joining the Parks Foundation, he served as the founding executive director of Playworks Minnesota. He spent more than a decade with the Trust for Public Land, where he was involved in strategic conversations about urban parks across the country. Evers also spent four years working in Vermont as a park ranger with the State of Vermont and the Vermont Youth Conservation Corps. He has a master of public affairs degree from the University of Minnesota's Hubert H. Humphrey Institute of Public Affairs and is a graduate of St. John's University.

Come at 10:30 for coffee and conversation

Thanks to the Campus Club, the West Wing Dining Room is available to UMRA members for coffee and conversation before our monthly luncheons. There is no charge and no need to RSVP.

UNIVERSITY OF MINNESOTA

FEBRUARY MEETING At A Glance

Tuesday, February 25
Campus Club, Fourth Floor
West Wing Dining Room
Coffman Memorial Union

Luncheon + Forum

11:30–1 p.m.

Featured speaker
Tom Evers, executive director,
Minneapolis Parks Foundation
*RiverFirst: Unlocking the potential
of the Minneapolis riverfront*

Living Well Workshop

1:30–2:30 p.m.

Panel discussion
Senior housing and long-term care

Menu

Boneless, skinless chicken
Marbella over rice, with seasonal
vegetables. GF, DF.
For vegetarian, please request
when making your reservation.

RSVP by February 18

Prepayment of \$23 per person.
Annual prepayees, please cancel if
you will NOT attend.

Reserve and pay online or send
your check payable to 'UMRA' to:

Mary Ford
1147 Ivy Hill Drive
Mendota Heights, MN 55118

Parking

\$7 maximum in University ramps
with UMRA's discount coupon.
To reserve parking in the East
River Road Ramp, contact Mary
at fordx045@umn.edu or
651-955-6118.

Helping to build a stronger U of M

Bill Donohue is on a well-deserved vacation and asked me to communicate with you this month regarding a few items of interest.



Our holiday event on December 17 was attended by more than 70 participants and, judging from the conversations and feedback, was enjoyed by all. The 7Days A Capella student ensemble from the School of Music was outstanding and added to the festivities. The holiday event will

be held again in December 2020.

2020 Capital Request

At the UMRA Board meeting on January 28, J.D. Burton, the University's chief government relations officer, gave a presentation on the University's 2020 Capital Request to the Minnesota Legislature. The 2020 legislative session will address capital bonding requests; the biennial operating budget request was granted in 2019.

The U's 2020 capital request, approved by the Board of Regents, includes funding for Higher Education Asset Preservation and Replacement (facilities upkeep), replacement of the Child Development Building, renovation of A.B. Anderson Hall, design of a new Clinical Research Facility, and creation of a new Chemistry Undergraduate Teaching Laboratory.

These resources are essential for the University to fulfill its mission in support of programs serving students and preparing workforce-ready graduates for the state of Minnesota.

The University needs your help to gain the support of the legislature for the request, the details of which can be found at: government-relations.umn.edu/content/2020-capital-request

J.D. Burton suggested a few ways in which we may help: join the UMN Advocates Program, contact or visit your representatives or senators and express your interest in and support for the bonding request (they apparently like social media), or attend the upcoming "Support the U Day" at the Minnesota State Capitol on March 26.

Optimism for the U of M

With Bill's leadership, a commentary expressing UMRA's optimism for the future of the University was published in

the online newspaper *MinnPost* on January 22. Go to umra.umn.edu/news/202002-optimism-oped to find a link to the commentary on the UMRA website.

The UMRA Travel Committee, together with Road Scholar, is planning a visit to Portugal. The deadline to register is March 1. For questions or reservations, contact UMRA Travel Committee Chair Cherie Hamilton at pimentamalgenta@hotmail.com or 612-929-0233.

I hope to see you at one or more of the UMRA forums, workshops, or other programs in the year ahead.

—Frank Cerra, president-elect

Nominating Committee seeks board and officer candidates

The Nominating Committee, appointed by the UMRA Board of Directors at its January meeting, is charged with providing a strong slate of candidates for election by the members of UMRA at our annual meeting in May.

The following are up for election or re-election:

- at least four board positions, each for a three-year term (renewable)
- treasurer and secretary, each for a one-year term (renewable)
- president-elect, for a one-year term followed by one year each as president and immediate past-president

The UMRA Board has a strong record of providing programs, services, and opportunities to University retirees, but each year we depend upon membership engagement to continue and build upon our past efforts.

We ask that you consider how you can contribute to UMRA by offering to run for a position yourself, or by nominating one or more candidates you think would add value and perspective to the Board's efforts.

Please contact me at g-rine@umn.edu with suggestions or questions. Thank you.

—Jerry Rinehart, UMRA past-president and chair, Nominating Committee

Happy Valentine's Day, February 14

"I have decided to stick with love.
Hate is too great a burden to bear."

—Martin Luther King Jr.

February workshop: Senior housing and long-term care

Probably the most difficult decisions we face as retirees concern where and how we live and how to make arrangements for long-term care (LTC). February's workshop will bring in experts to help us with these decisions.

Depicting the fast-evolving senior housing and health delivery landscape will be Susan Farr, a vice president at Ebenezer, Minnesota's largest senior-living operator. Describing how to get help on LTC issues will be Cheryl Hennen, state ombudsman for long-term care at the Minnesota Board on



Susan Farr

Aging. And discussing quality of life indicators for senior care will be Tetyana Shippee, PhD, a social gerontologist and associate professor in the U of M School of Public Health Division of Health Policy and Management. Earl Nolting, former chair of the UMRA Cares Committee, will serve as discussant, and Ron Anderson will be the moderator.



Cheryl Hennen

Of those turning 65 in the U.S. today, a third will eventually move into assisted living or skilled nursing facilities. Minnesota had no assisted living facilities in 1980, but now has 1,500. The number of "memory care" facilities is also skyrocketing. However, the majority of people older than 65 who need LTC get care at home, called "aging in place."

Given the large number of LTC facilities, it is not surprising that quality-of-service issues arise. The State established the Office of Ombudsman for Long-Term Care to help. Its work will double in 2021 when Minnesota's new licensing framework for assisted living communities goes into effect.



Tetyana Shippee

The Minnesota Department of Human Services "Nursing Home Report Card" gives nursing homes quality ratings that can be used in selecting facilities. The U's Division of Health Policy and Management has projects to help move toward creating an Assisted Living Report Card.

Keep in mind that the senior housing facilities with the best reputations have long waiting lists, some with wait times of five to ten years. Seniors should plan many years in advance of actual need, and our February workshop is designed with that in mind.

Come with your stories and questions for the speaker panel.

—Ron Anderson, Cares Committee

Portugal river cruise reservation deadline and Lisbon tour update

The UMRA Travel Committee would like to remind members of the March 1 reservation deadline for our Douro River cruise.

Call Road Scholar toll free at 833-810-6427, reference Program #23416, *Discoveries Along the Douro: Portugal's Best-Kept Secrets, October 28 to November 7, 2020*, and note that you are a member of the University of Minnesota Retirees Association. They will answer any questions you might have, discuss cabin options, register you, and take your down payment. We have reserved 16 cabins exclusively for UMRA, 12 double and 4 singles on the upper and middle decks.

You may also book your international flights through Road Scholar. Their estimated roundtrip airfare from Minneapolis is \$1,200. Or, if you prefer, book your own flights.

Our previously announced, optional pre-cruise tour of Lisbon has been changed to a post-cruise tour. Details of this customized, five-day tour of Lisbon produced by Road Scholar exclusively for UMRA members will be available in early February. The optional post-cruise tour of Lisbon will start November 7 and end November 12 with return to Minneapolis.

Please contact Cherie Hamilton at 612-929-0233 or pimentamalageta@hotmail.com if you are interested in the Lisbon tour. The estimated cost will be \$1,099 for double occupancy and \$1,449 for single. We will need at least 10 members to sign up for this option.

Final payment for the Portugal trip will be due July 20.

—Cherie Hamilton, chair, UMRA Travel Committee

HELLO: My name is Phil Peterson

Hometown? Chicago

When did you become a member of UMRA? I believe in 2014, the year I officially retired.

What was your very first job? Mailman. I delivered U.S. mail for six months before attending St. Olaf College to put myself through school, which was feasible in those days!

What was your occupation when you retired from FT work? 2014–15, continued working in global health at the U of M. 2016–present, wrote *Microbes: The Life-Changing Story of Germs*, a book to be published in June; June 2019, started a weekly blog, *Germ Gems: Microbes in the News*. Ongoing, I serve on the executive committee of Health Professionals for a Healthy Climate (dedicated to inspiring and activating the health community to address climate change).

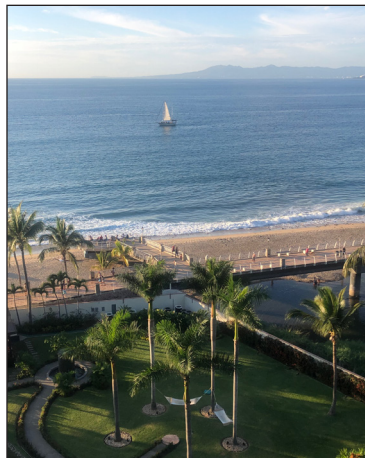
Where were you in 1969 when Apollo 11 landed on the moon? At the wedding of the daughter of my best friend in medical school in New York.

If you could learn a new skill, what would you like it to be? I would like to learn to speak Spanish.

Do you have a favorite place on the U of M campus? In the past two years, the Center for Bioethics, where bimonthly meetings on climate change and health are held.

What is a fun fact about you we might not know? Although you may already know, I love germs!

What is something you currently enjoy doing?



*A view of the Malecón.
Photo: Phil Peterson*



Reading. And walking with my wife, Karin, around Lake Harriet in Minneapolis every day—except for the month of January, when we walk along the Malecón in Puerto Vallarta, Mexico.

URVC makes volunteering easy

Are you curious about how you can give back by volunteering? The University Retirees Volunteer Center (URVC) is dedicated to connecting University retirees to opportunities for volunteering. Learn about these projects through the URVC's volunteer management system, Better Impact.

To get connected, click on the **Get Started** tab at the top of the URVC website homepage. That will take you to the Get Started page, where you will find instructions and a link to the **Better Impact Application Form**, where you'll enter a username and password of your own choosing. After your application is processed, you'll be able to log in to a directory of volunteer opportunities and sign up online for those that appeal to you.

As new volunteer opportunities become available, URVC will email you information about projects that are most likely to appeal to you. Matching of projects with your interests depends on your informing URVC what kind of volunteering you would like to do.

To provide this information, click on the **Better Impact Link**, log in to MyVolunteerPage, and use the pulldown menu under the **My Profile** tab at the top of the page to record your contact information, qualifications, interests, and more.

URVC encourages you to explore a variety of volunteer opportunities, and trusts you will find something that matches your interest—or stimulates a new one!

—John Anderson, chair, and Eric Hockert, vice chair,
URVC Board of Directors

Photo Club to meet February 11

The UMRA Photo Club will meet from 12:30 to 2:30 p.m. on Tuesday, February 11, in the St. Anthony Library at the east end of the St. Anthony Shopping Center. Come at 11:30 for lunch first at the Great Dragon Buffet across the parking lot.

“Doors” is the meeting theme for February. When sharing pictures at our meetings, we start with theme pictures and follow that with pictures members have chosen to share without regard to a particular theme. Visit umraphotoclub.shutterfly.com to view theme pictures from previous meetings.

Contact Sherilyn Goldsmith May at gold009@gmail.com or Craig Swan at swan@umn.edu for more information.

January forum offered lessons from internment of Japanese Americans

Four days after the Japanese bombed Pearl Harbor on December 7, 1941, the U.S. West Coast was declared a theater of war. Ten weeks later, President Franklin D. Roosevelt signed Executive Order No. 9066, authorizing the removal of any or all people from military areas “as deemed necessary or desirable.”

The parents of John Suzukida, our January forum presenter, were among the nearly 120,000 people of Japanese ancestry who were incarcerated in concentration camps in the western interior of the United States.



Eric Hockert, left, welcomed John Suzukida to UMRA's January luncheon meeting.

They were given 48 hours' notice to leave their homes, and each family was assigned a number. “Ours was 18257,” Suzukida recalled in the captivating and heartfelt story he shared about the experiences of his parents.

Far from home

With only two bags each for all their possessions, the family of John's father, Henry, was moved to a “relocation” camp in Colorado, far from their home in California. They were told they were being moved for their own protection. However, the barbed wire and inward facing guns at the camp suggested otherwise.

John's mother's family was “relocated” to Arizona, but she was helped by the Baptist church to attend seminary in Pennsylvania. She was required to carry official “identification papers” to allow her movement across the country—an idea foreign to most Americans.

John Suzukida also told us about the 442nd Infantry Regiment, a fighting unit composed of mostly second-generation Japanese Americans. It played a significant role in the European Theatre and became the most decorated unit in U.S. military history.

The Civil Liberties Act of 1988, signed into law by President Ronald Reagan, granted reparations to (American born) Japanese Americans interned during WWII. In 1990, letters of apology signed by President George H.W. Bush were sent to approximately 60,000 survivors of the internment.

As for Henry Suzukida, despite all the challenges he faced he could still say after the war, “It might be looked back upon as an experience in the United States of America that was a result of our own immaturity as a democracy.”

May we all learn from our country's history and this profound story that was repeated thousands of time in the middle of the last century.

—Eric Hockert, member, UMRA Board of Directors

2020–21 PDGR applications update

The UMRA Grants Committee is pleased to announce that we received 22 proposals for this year's Professional Development Grants for Retirees (PDGR) competition. We will now review these proposals and decide which ones will be funded for the 2020–21 academic year.

The proposals represent 14 departments on the Twin Cities campus and two departments each at Duluth and Morris. This number is up considerably from recent years, and we attribute the difference to our revised application process. We reverted to the process we used before switching to a web-based system two years ago which, apparently, was discouraging to applicants.

When evaluating the new proposals, the members of the UMRA Grants Committee will look, in particular, for the professional development value of each. The winning proposals will be announced in March. Each award will provide up to \$5,000 in funding from April 1, 2020, to June 30, 2021.

—Dick Poppele, chair, UMRA Grants Committee

Welcome new members to UMRA

Please give a hearty welcome to seven new members who joined UMRA between mid-December and early January. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- David Husom (and Ann-Marie Rose), College of Continuing and Professional Studies
- Betsy J. Kerr, College of Liberal Arts, Department of French and Italian
- Catherine “Cass” McLaughlin, Center for Spirituality & Healing
- John Nyman (and Patricia A. Nyman), School of Public
- Thomas Skovholt, College of Education and Human Development, Educational Psychology

For contact information, please visit umra.umn.edu > Contact Us > Member Search (login required).

January workshop highlighted the benefits of dealing with hearing loss

A large and engaged audience attended UMRA's January Living Well Workshop on hearing loss presented by Liz Anderson, PhD, an audiologist and researcher at the University's Center for Applied and Translational Sensory Science. Dr. Anderson began by noting that hearing loss is the most prevalent medical condition among adults, experienced by half of those over 75, and said that dealing with hearing loss "is more important than you might think," because it has been associated with falls, cognitive decline, and social isolation.

By far, the most common type of hearing loss among older adults is sensorineural hearing loss, in which the hair cells that detect sound in the inner ear become flattened and disorganized, leading to less sensitivity.

Sensorineural hearing loss is not curable, but it can be greatly helped with hearing aids. Older hearing aids were large, had short battery life, and were prone to annoying feedback. Modern hearing aids have dealt with all these problems, with both behind-the-ear and in-the-ear types becoming sleeker and more svelte. Additionally, many have new electronic capabilities, including Bluetooth streaming, phone apps for adjusting the device, rechargeable batteries, and health monitoring.

Feeling competent and confident

Hearing aids work best when the individual wearing them feels competent operating them in a variety of situations. Training and assistance with adjustments have been shown to increase users' comfort and confidence in using hearing aids. Those who begin using hearing aids while their hearing loss is still moderate adjust more easily than those who wait until they have severe hearing loss.

Anyone with hearing loss can employ behavioral strategies to improve their communication with others. Dr. Anderson's tips include:

- Move closer to the person with whom you are talking and face them. Even without lip-reading, seeing a person's face improves understanding.
- Don't bluff if you don't hear something.



- Be specific about what you don't hear. Don't just say, "What?" Ask, "What date did you say?"
- In noisy environments, try to move away from the noise. There's even an app for checking and rating noise levels in restaurants, etc. [Visit soundprint.com to learn more.]

In addition, Dr. Anderson suggested the website Hearing Health Matters as another resource for information on hearing loss and hearing technology.

Acknowledging even mild hearing loss and proactively dealing with it, through technology or behavioral strategies or both, is likely to lead to a more satisfying interpersonal life than simply ignoring the loss.

—Ron Matross, chair, Workshop Committee

In remembrance

We report the passing of UMRA members and University leaders as we learn of these losses to our community.

John Tester, a pioneering ecologist who elevated the University in the study of biology and ecology, died on November 15, 2019. He was a professor emeritus in the College of Biological Sciences, Department of Ecology, Evolution and Behavior. Twenty-five years ago he published what has become a classic, *Minnesota's Natural Heritage*, which is being re-released in 2020. John Tester was an UMRA member and is survived by his wife of 60 years, two sons, and family.

—Kathleen O'Brien, Cares Committee

UMRA Cares supports members

If you learn of someone who is facing a difficult life challenge, or for assistance and support in the event of the death or serious illness of an UMRA member or family member, please email us at umracares@umn.edu or call 612-626-4403 and leave a message for UMRA Cares.

Book Club to meet February 21

The UMRA Book Club will meet at 2 p.m. on Friday, February 21, at the 1666 Coffman Building in Falcon Heights. Stephanie Daily will lead our discussion of *Leadership* by Doris Kearns Goodwin, the book initially scheduled for discussion in January. (Our January meeting was canceled because of weather.)

Our March book (also a change) is *Inheritance: A Memoir of Genealogy, Paternity and Love* by Dani Shapiro.

Contact Pat Tollefson at p-toll@umn.edu for more information.

learninglife

LearningLife and the
Theater of Public Policy present

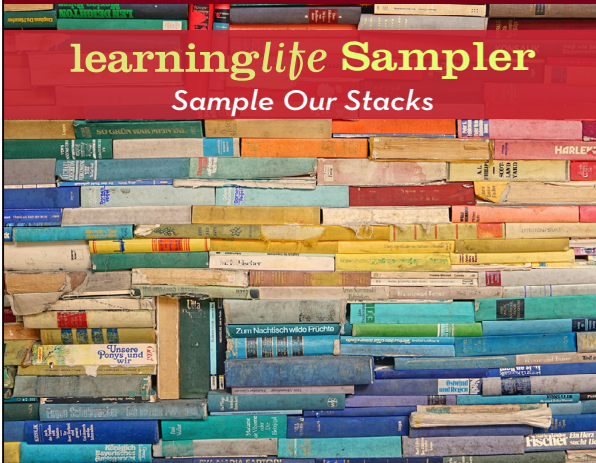


End of Life: Live and Unscripted!

February 19, 7 p.m.

learninglife Sampler

Sample Our Stacks



featuring Dr. Timothy R. Johnson
Sommelier Leslee Miller
Dr. Marguerite Ragnow

March 7, 9:30-11 a.m.

In person or via live stream

ccaps.umn.edu/learninglife



Thank you to the College of Continuing &
Professional Studies for helping to sponsor our
February newsletter.

Firsthand | Experiences with aging

By Carol Urness

I am blessed with a lifelong passion for books. My parents, both “book people,” read stories to my sister and me. Through reading I discovered friends from different times and places tucked within book covers. I wrote my first novel, *Blood and Gold*, at age 11. Decades later I set type for and hand-printed many small books. My love of books never left me.

As curator of the James Ford Bell Library at the University of Minnesota, I had the best job imaginable. I taught in the Department of History and the Library School. I traveled Europe seeking acquisitions for the library. I authored or edited 15 books. And I met interesting people every day. Retiring was the hardest thing I ever did, since much of my identity depended on being a professor at the University.

After retiring, I opened a bookshop called Corner Books to downsize my large personal book collection. It was only “for a year or two,” but two years turned into four, and now it has been open for 18 years. The bookshop is also my writing office. One result is *Minnesota on the Map*, written in collaboration with geographer David Lanegran.

The bookshop brings visitors for many reasons: A woman searching for a blue Bible of 1940, an artist seeking inspiration from books about shells, a man wanting a “great” book about llamas for his granddaughter, a retired fisherman looking for books to help him fulfill his dream of sailing around the world. And I won’t forget the man who came the first time (of many) dressed like Abe Lincoln, wanting books to help in his impersonations!

Being an Internet bookseller brings contact with book people from all over the world, some of whom become friends. We keep a map: our most recent “new” places are Jakarta and Lithuania. The friendships I maintain because of the bookstore make me very grateful.

A state of gratitude, I believe, is one of the most important paths to the enjoyment of aging. From the bookshop I have learned to take time to enjoy the small things, to slow down, to smile, and even to laugh.

You may wonder why I look so happy. Now you know.

UMRA University of Minnesota Retirees Association

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612-626-4403 | umra.umn.edu

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 _____

A FREE SEMINAR FOR MEMORY LOSS CAREGIVERS

FEATURING JOLENE BRACKEY

Author of *Creating Moments of Joy*

APRIL 2, 2020 | 4:00 P.M.

Hosted at Prospect Park United Methodist Church*
22 Orlin Ave SE, Minneapolis

RSVP | 612-623-7000


THE PILLARS
OF PROSPECT PARK
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

OPENING IN MAY
NOW LEASING



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*Parking across street at Prat School. ©2020 Fairview Health Services 800053

 EBENEZER

Thank you to The Pillars of Prospect Park for helping to sponsor our February newsletter.