

## UMRA ANNUAL MEETING AND LUNCHEON FORUM

MAY 2023

### The future of intercollegiate athletics at the U of M

Intercollegiate athletics is undergoing revolutionary changes that will alter the industry in dramatic ways, possibly including its relationship to higher education. To help us understand the changes, UMRA's May 23 forum will feature Mark Coyle, University of Minnesota director of athletics (AD), and Jeremiah Carter, longtime director of athletics compliance and newly appointed senior associate athletic director for name, image, likeness (NIL) policy and risk management. Our athletic department and our athletics compliance office are ground zero for these changes.



Mark Coyle

Coyle will talk about the Big Ten Conference realignment (announced in 2022); the portal that allows student athletes to easily change schools; coaching changes in our athletics department; and the accomplishments of athletics over the just-completed year.



Jeremiah Carter

Carter will discuss the new rules that allow student athletes to seek payment for the use of their name, image, and likeness, and the effect of the rules on our athletics department as well as all intercollegiate athletics. The NIL policy has allowed millions of dollars to be paid to student athletes and will change the nature of college athletics.

Coyle has been the director of athletics at Minnesota since 2016. Previously, he served as athletics director at Syracuse University and Boise State University. He also served as an associate athletics director at Minnesota from 2001 to 2005 under then-AD Joel Maturi. Coyle is from Waterloo, Iowa, and is a graduate of Drake University, from which he holds a bachelor's degree in English and a master's degree in teaching. He also

holds a master's degree in sports administration from Florida State University.

Carter has been a member of the U of M athletics compliance staff since 2013. Previously, he spent six years with the National Collegiate Athletic Association in various roles. As a student athlete on the U of M football team, he earned All-Big Ten and Academic All-Big Ten Honors. He graduated from the University with a bachelor's degree in history and a master's degree in education with an emphasis in sports management.

UMRA is lucky to have such knowledgeable speakers on such timely topics.

Go to [umra.umn.edu](http://umra.umn.edu) > [Forum Reservations](#) to make your reservation today and join us at 11 a.m. on Tuesday, May 23, for UMRA's annual meeting and luncheon forum at the Campus Club.

—Bill Donohue, UMRA Program Committee

#### MAY 16 LIVING WELL WORKSHOP

### Leveraging digital technology to support health and wellness

Digital technology has come to the field of health in a big way. There is now a plethora of wearable devices to monitor nearly every aspect of your body's functioning, plus Bluetooth and other wireless technologies, including voice and text messaging, to support the achievement of optimal health and wellness.

UMRA's May 16 workshop via Zoom will discuss how to select and use these digital health technologies to support *your* health and fitness goals. Attendees will learn about wearable and other health-monitoring devices (such as Apple, Fitbit, and Garmin smartwatches, plus blood pressure and blood sugar monitors) and how to choose the best ones for you.

See **WORKSHOP** on page 9 ...

## From the President

### UMRA in full

As spring looks to be finally here, the blossoms remind me that this year, UMRA has once again fully blossomed. After the COVID lockdown, we were finally able to offer a full slate of in-person luncheons and social gatherings, while continuing the virtual programming



Ron Matross

that we began during the pandemic. We have more special interest groups than ever, and they meet regularly to learn, socialize, and have fun together. I hope you've been able to take advantage of some of our offerings!

Gratitude is one of the nicest emotions, and as I write this, my

last column as UMRA president, I'm feeling a wave of it. Many volunteers are needed to keep UMRA growing, and I am grateful to them all, especially:

- Past presidents Frank Cerra, Bill Donohue, and Jan Morlock, who saw us through the pandemic and kept us strong into this year
- The UMRA Board, whose collective wisdom and good counsel kept us on track
- Eric Hockert and the members of the Program Committee, who gave us a rich and diverse set of programs
- Treasurer Kristy Frost-Griep, who made our finances clear, and Secretary Julie Sweitzer, who carefully recorded our history
- Jerry Rinehart and Deanne Magnuson, who worked tirelessly to integrate the University Retirees Volunteer Center into UMRA and launch the Silver Gopher Service Corps
- John Bantle, chair of UMRA's Professional Development Grants for Retirees Committee, which awarded nine grants totaling more than \$41,000
- Kris Mortensen, who worked to produce our wonderful newsletter, produce our Zoom webinars, and edit my writing (no easy task!)
- Virgil Larson, who maintained our database and who, along with John Anderson, made our Zoom webinars work
- Diane Young and the Hosting Committee, who made us all feel welcome at our luncheon forums and other in-person, all-member events
- Cathy Lee Gierke and Kathy Jensen, for the redesign and migration of the UMRA website

UMRA began this program year with a new mission statement: "To support the interests of U of M retirees and provide opportunities to learn, serve, and connect." I'm proud of the many UMRA members who worked hard to help carry out this mission. It's been an honor, privilege, and pleasure to serve as UMRA president. In July, Eric Hockert will take over as president, and I guarantee that next year will be better than ever!

—Ron Matross, UMRA president, [r-matr@umn.edu](mailto:r-matr@umn.edu)

## Election of UMRA's 2023-24 leaders to be held online

This year's election of UMRA officers and new board members will be conducted via an online poll from May 15 to 19, with the results to be announced at our annual meeting on May 23. The slate of candidates appears below. Online voting makes it convenient for more members to participate. Look for the ballot in your email inbox on May 15.

UMRA members may nominate individuals not put forth by the Nominating Committee, provided the nominating person has the consent of the nominee. If you have such a nomination, please submit it to Nominating Committee Chair Jan Morlock by May 12. You will also need to state which proposed officer or board member you wish to contest. If there are no additional nominations, the question on the ballot will be the approval of the entire slate of candidates. Terms of those elected will begin July 1.

Also on the ballot will be a vote to amend our organization's bylaws (see Article IV, Officers), and a vote to approve UMRA's 2022 annual meeting minutes. The amended bylaws specify that the chair of the University Retirees Volunteer Center (URVC) leadership council will be an officer of UMRA and, as such, a member of the UMRA executive committee and board.

This change is part of the UMRA-URVC reaffiliation agreement; the bylaws change has been approved by the UMRA board, and now needs to be approved by the membership.

See **ELECTION** on page 3 ...

... **ELECTION** from page 2.

The Nominating Committee presents the following slate of candidates for approval:



### **President-elect**

**Julie Sweitzer** served the University of Minnesota for 32 years. Most recently, she was executive director of the College Readiness Consortium, and co-director of the Educational Equity Resource Center in the College of Education and Human Development (CEHD). The Consortium created Ramp-Up to Readiness, a school-wide postsecondary readiness curriculum for grades 6–12. Previously, Julie was director of the Office of Equal Opportunity and Affirmative Action (1998–2006) and served as its associate general counsel (1989–98). In those positions, she worked with people from all campuses and every college and administrative unit. She holds a Master of Public Affairs degree from the Hubert H. Humphrey School of Public Affairs and a J.D. from the University Law School. Julie served three terms on the St. Louis Park School Board and currently chairs the Minnesota Council on Economic Education.

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### **Secretary**

**Laurie Coffin Koch** joined the University faculty in 1987. She is a Distinguished University Teaching Professor of mathematics. During her tenure, she was associate vice provost and associate dean for undergraduate education, with responsibility for freshman seminars, orientation, first-year programs, the SMART Learning Commons, the Center for Academic Planning & Exploration, the President's Emerging Scholars Program, and campus-wide student services initiatives. On two occasions, she served as interim director of Academic Counseling and Student Services for Intercollegiate Athletics. She was the director of international initiatives for CEHD, and one of her many joys was leading study abroad students to Italy. She served as chair of the Senate Committee on Educational Policy Policy and chair of the Faculty Academic Oversight Committee on Intercollegiate Athletics. Laurie joined UMRA in 2020, participates in the Photo Club and Fourth Friday Book Club, and was elected to the UMRA Board in 2021.

She was the director of international initiatives for CEHD, and one of her many joys was leading study abroad students to Italy. She served as chair of the Senate Committee on Educational Policy Policy and chair of the Faculty Academic Oversight Committee on Intercollegiate Athletics. Laurie joined UMRA in 2020, participates in the Photo Club and Fourth Friday Book Club, and was elected to the UMRA Board in 2021.



### **Treasurer**

**Kristy Frost-Griep** began her career as a certified public accountant at Deloitte & Touche. Then she spent six years as accounting manager at Bloomington Schools and five years

at the Wilder Foundation. Kristy made her move to the University as finance manager in the Office of the Vice President for Health Sciences, eventually transitioning to finance director for the Office of Academic Clinical Affairs (OACA). She retired in 2021, but still works 25 percent time assisting that office. Her duties at the University have included managing a finance team and hands-on support to OACA units, as well as liaison to finance staff employed by other OACA units. Responsibilities were in the areas of non-sponsored and sponsored budgeting, reporting, analysis, pre- and post-award grant support, as well as financial policy interpretation at the project, department, collegiate, and executive levels.

### **Continuing Board members**

**John Bantle** (nominated for a three-year term, retroactive to July 1, 2022) is an Emeritus Professor of Medicine and former director of the Division of Endocrinology, Diabetes and Metabolism. He practiced clinical endocrinology with a focus on diabetes mellitus throughout his career. He was a principal investigator in the Diabetes Control and Complications Trial and a number of other National Institutes of Health-sponsored trials. John retired in 2022, although he continues to assist his physician daughter in diabetes research. Other post-retirement activities include Rotary Club, mentoring immigrant families, tennis, travel, and hanging out with his grandchildren. He currently chairs the UMRA Professional Development Grants for Retirees Committee.

**B. Jan McCulloch** (nominated for a second, three-year term) joined the faculty in 2003 as head of the Family Social Science Department, a role she held until 2013. She taught courses on families and aging, family theory, and a graduate orientation seminar, and conducted research focused on rural aging, depression among older adults, and older women's health decision-making. Her University service included the

See **ELECTION** on page 10 ...



# Welcome new members

Please give a hearty welcome to 35 new members who joined UMRA as of April 1, 2023. For contact information, visit the Member Search page at [umra.umn.edu](http://umra.umn.edu).

**Terry Beseman**, University Libraries (Libraries), Minitex, finance director

**Sharon Folk**, Libraries, facilities and operations management

**Janet Fransen**, Libraries, librarian

**Barbara A. Frey**, Institute for Global Studies, Human Rights Program director

**Mary Gibney**, Libraries, executive assistant

**Nanette Hanks**, College of Liberal Arts (CLA), assistant dean

**Nancy Herther**, Libraries, librarian

**Emily Hoover**, Department of Horticultural Science, professor

**Laurie Jedamus**, Libraries, preservation and binding library assistant

**Allison Jensen**, Libraries, writer

**Philip Kachelmyer**, Network and Telecommunications Services, chief of staff

**Jody Kempf**, Libraries, science librarian

**Susan Kubitschek**, College of Science & Engineering, assistant dean

**David Lenander**, Libraries, library manager

**Linda Lomker**, Libraries, specialized cataloging section leader

**Marlys McGuire**, Libraries, librarian

**Leann Mikkelson** (and **Erick Mikkelson**), University Services, project manager

**Barbara Mueller**, Office of Information Technology, senior business analyst

**April Narcisse**, CLA, executive assistant

**Ann O'Toole**, Department of Biochemistry, Molecular Biology and Biophysics, scientist

**Paul Oelze**, Capital Project Management, project manager

**Lateeph Onikoro**, Department of Neuroscience, system administrator

**Christina Petersen** (and **John Schlimgen**), Center for Educational Innovation, education program specialist

**Polly Peterson**, Office of Human Resources, executive operations and student services specialist

**Emilie Quast**, Libraries, library assistant

**Theresa Robinson**, Auxiliary Services, associate vice president

**Thomas Rose**, Department of Art, professor emeritus

**Nancy Rudstrom**, Capital Project Management, project manager

**Laurie Scheich**, Auxiliary Services, associate vice president

**Barbara Smith**, Libraries, Wilson Library facilities manager

**Bonnie Sweeney**, Department of Pediatrics, Division of Pediatric Blood and Marrow Transplantation & Cellular Therapy, program director

**Terri Vandercook**, Institute on Community Integration, TIES Center assistant director

**Sue VanVoorhis**, Academic Support Resources, associate vice provost and registrar



President Ron Matross and Treasurer Kristy Frost-Griep (pictured left, standing) were among the UMRA members who extended a special welcome to newcomers attending the UMRA luncheon forum held at the Midland Hills Country Club in March. Photo: Jean Kinsey

## Time to renew your membership

Soon you will be receiving an email or letter inviting you to renew your UMRA membership for the 2023–24 year. We hope that you'll renew before you get busy with your summer activities. Even better, go right now to [umra.umn.edu](http://umra.umn.edu) > Member Portal > Renew Membership and renew. If we get renewals by the start of UMRA's fiscal year on July 1, we'll have a handle on how much money we'll have to work with next year.

If you're on the fence about renewing, let me make a case for why you should. UMRA is all about opportunities, and this past year we offered a lot of them:

- Six in-person luncheon forums and three virtual forums with talks by prominent public figures, including Minnesota Secretary of State Steve Simon and University political scientist Kathryn Pearson
- Eight virtual living well workshops on topics ranging from bone health to taking advantage of the University of Minnesota Libraries
- A well-attended summer social at Como Park and a lovely boat ride down the Mississippi River in the fall
- A range of special interest groups, where you could connect with others to read, hike, take pictures, or learn about family history, travel, and financial issues
- Easy and meaningful ways to do volunteer service through the University Retirees Volunteer Center and UMRA's new Silver Gophers Service Corps
- Grants for research and professional development, with nine retirees receiving them this year
- Publication of articles by UMRA members in the online *Journal of Opinions, Ideas & Essays*

UMRA also advocated on your behalf. When the University announced a plan to discontinue UMN email privileges for retirees, we were able to secure a pledge that UMRA members would continue to have access to their UMN emails and associated Google workspaces.

UMRA is an all-volunteer organization that depends on membership dues. I think we provide a terrific deal for our \$30 annual dues charge. I hope you agree and will renew your membership for the coming year.

—Ron Matross, UMRA president

## 2023 Annual Meeting and Forum

**Tuesday, May 23**

Campus Club, Fourth Floor  
Coffman Memorial Union

10:45–11 a.m. Check-in  
11:00 a.m. Buffet lunch  
11:30 a.m. Annual Meeting  
Noon Forum

### Featured speakers

Mark Coyle, athletic director  
Jeremiah Carter, senior associate athletic director  
University of Minnesota

### Menu

Wild Pacific salmon crusted with black and white sesame seeds, pan-seared and drizzled with sesame ginger tamari sauce, with roasted sweet potatoes and seasonal vegetables. (GF, DF)  
Bread and butter.

*Plated vegetarian/vegan option  
(please request when making your reservation)*

Grilled vegetables with quinoa, mixed greens, broccoli, radish, cabbage, carrots, champagne vinaigrette, and chimichurri. (GF, DF)

### Reservations due May 13

Prepayment of \$30 per person.

Go to [umra.umn.edu](http://umra.umn.edu) > Programs & Events > [Forum Reservations](#) to reserve and pay online, or email Diane Young at [young054@umn.edu](mailto:young054@umn.edu).

### Parking

For a discounted rate of \$1 per hour in University parking facilities, use the QR code on the back of your UMRA membership card. Credit cards only. Email Diane Young to reserve parking.

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*As a courtesy to our members, the print version of this annual meeting and election issue of the newsletter is being mailed to all current UMRA member households.*

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## Silver Gopher Service Corps steps up to help fill the Class of 2027

An enthusiastic group of stalwart retirees trudged through snow, ice, and wind to greet future students and their families on the University's first-ever Newly Admitted Students Welcome Day, hosted by the Office of Admissions on April 1. The goal: to convince these bright young people to make the leap and join the class of 2027!

The retirees greeted the arriving students and their families, directed them to various activities, and, most importantly, shared their affiliations with the University. The visitors seemed eager to interact with the volunteers.

Admissions staff engaged the would-be Gophers in a lively program that included campus tours (on freshly

plowed paths), visits with Goldy Gopher, and the rousing music of the University of Minnesota Marching Band. Hennepin County Commissioner and Board Chair Irene Fernando ('07 BS, '14 MEd) served as a lively keynote speaker. She shared how the University helped form and strengthen her leadership skills.

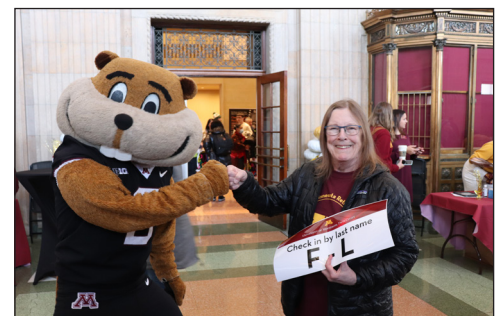
UMRA President Ron Matross thinks the Silver Gopher Service Corps t-shirts (see photo) are a great way for UMRA volunteers to show their connection to the Retirees Association and to the U. Shirts will be available for \$15 at upcoming UMRA luncheons and future Silver Gopher volunteer projects.

—Peggy Mann Rinehart



UMRA's Silver Gopher Service Corps made its debut on April 1. Among the volunteers who braved the elements to welcome future Gophers to campus were (from left to right) Scott Elton, Peggy Mann Rinehart, Pat Whitcomb, Patty Napier, Mike Austin, Jerry Rinehart, and John Anderson. Photos: Mathew Krelitz and Angela Garza

Goldy Gopher and Silver Gopher Peggy Mann Rinehart exchanged hearty greetings at Northrop on Newly Admitted Students Welcome Day.



### PDGR

## Still driven to discover?

UMRA's Professional Development Grants for Retirees (PDGR) program is an annual competition with applications accepted October 1 to December 31. PDGR grants support projects related to retirees' research, instructional history, or new scholarly and creative interests. Funding of up to \$5,000 per grant is available. Previous grants have supported topics ranging from art, science, statistics, and medicine to social equity, dance, and design.

Application instructions will be posted on the UMRA website this summer. Anyone with questions about the program is welcome to contact PDGR Committee Chair John Bantle at [bantl001@umn.edu](mailto:bantl001@umn.edu).



## When will the Medicare Advantage bubble burst?

Hosted by UMRA's finance and legal interest group, this program will look at changes proposed by the Biden administration to how it would pay private Medicare Advantage plans. The 1–2:30 p.m. meeting on Monday, May 8, will be held via Zoom and in a U of M classroom (location pending). The topics to be discussed include:

1. Why Medicare Advantage (MA) plans are so over-paid
2. Why MA had to return billions in premium “over charges”
3. Why MA enrollees don't know what their coverage is until they need it
4. Why MA plans may be too good to be true
5. U of M retiree MA choices
6. Protecting the Medicare trust funds

The presenters for the program are Robert Hall, CFP (retired); Kip Sullivan, author and health policy advisor to national health plans and providers and the nonprofit organization Health Care for All Minnesota; and UMRA member and U of M Professor of Insurance Andy Whitman.

Questions or comments? Please email Andy Whitman, UMRA Finance and Legal Group facilitator, at [awhitman@umn.edu](mailto:awhitman@umn.edu).

## Photo Club to Fort Snelling

The UMRA Photo Club plans to meet for a photo shoot at Fort Snelling in May, at a date to be confirmed.

“What is it?” will be the focus on June 13 when the group meets to share pictures on that theme. And on July 11, the theme of the meeting will be “Street art.”

In-person meetings start at 12:30 p.m. and are held in the meeting room of the St. Anthony branch of the Hennepin County Library, located in the shopping center at New Brighton and St. Anthony Boulevards. For those interested in having lunch together first, meet at the Great Dragon Buffet, across the shopping center parking lot, at 11:30 a.m. Newcomers are welcome!

Contact Sherilyn May at [gold009@gmail.com](mailto:gold009@gmail.com) or Craig Swan at [swan@umn.edu](mailto:swan@umn.edu) for more information, including how to submit pictures in advance of the June and July meetings.

## Two trail hikes in May

On Monday, May 1, the UMRA Hiking Club will meet at Moir Park in Bloomington for a 4.5-mile hike along Nine Mile Creek on grass, wood chips, and paved trails. Hike leader Bev Moe describes the trail as an easy hike with no hills. There is a portable toilet at the trailhead but no potable water. Meet in the Moir Park parking lot at 10320 Morgan Avenue South.

On Monday, May 15, join the group for a scenic hike along the Mississippi River through Hidden Falls Regional Park in St. Paul. Hike leader Julie Sweitzer says the paths are well worn and often wide, the small waterfall should be pretty, and the river always delights. Use the Magoffin Avenue entrance at the north end of the park, and park in the first lot by the picnic shelter. There are portable toilets in the parking area.

For both hikes, meet at 9:30 a.m. to begin hiking at 9:40 a.m. Go to the [Annual Calendar](#) at [umra.umn.edu](http://umra.umn.edu) to find the links to sign up for these May hikes (required).

Questions? Contact Bev Moe at [amogirl@gmail.com](mailto:amogirl@gmail.com).



Members of the UMRA Hiking Club soaked up the sun on their hike to Minnehaha Falls on April 17. From left, John Schlimgen, Christina Petersen, hike leader Bev Moe, Bonita Sindelir, Nanette Hanks, Julie Sweitzer, and Jane Doyle. Photo: Kris Mortensen

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*Thank you to The Pillars of Prospect Park for sponsoring UMRA's May 2023 newsletter and to the University of Minnesota Foundation for sponsoring the newsletter and UMRA's May 2023 Forum.*

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## CABINETS OF CURIOSITY

# Tour the University's outdoor research facilities in St. Paul

Have you ever wondered what happens on the “farm side” of the Twin Cities campus in St. Paul? To catch a glimpse of the specialized research projects, barns, and fields, join us for the next in UMRA's Cabinets of Curiosity series of visits to fascinating University of Minnesota places. We will be guided by Andrew Scobbie, campus operations manager with the Minnesota Agricultural Experiment Station (MAES). On foot and riding on farm wagons, we will take a close look at “the lay of the land” in that unusual part of campus.

More than 140 years ago, classes in agriculture moved from the campus on the East Bank of the Mississippi to a more expansive space in St. Paul, and eventually became the College of Agriculture. Since then, the now multifaceted College of Food, Agricultural and Natural Resource Sciences (CFANS) has grown more diverse and complex as faculty and students respond to the changing needs of farm enterprises and the food industry, and incorporate scientific advances.

Today, with its laboratories and ever-changing col-

lection of plants, livestock, soils, and related projects in biology and chemistry, CFANS, in conjunction with MAES, contributes to teaching and research that enhance the agricultural and natural resources of the state and the nation. Although the swine and poultry facilities are quarantined and off limits to visitors, we will be able to see the cows, learn more about the organic farm maintained by students, and observe forestry and field projects and new facilities, including the Bee Lab.

If you are curious, sign up to join this “farm tour” on June 21 starting at 10 a.m. Following the tour, those interested will meet for lunch at a nearby restaurant. More information will be available in early June for those who register. Go to [z.umn.edu/curiosity-farm](http://z.umn.edu/curiosity-farm) to register. Be sure to sign up, because the tour is limited to 26 attendees.

Questions? Contact Sally Gregory Kohlstedt at [sgk@umn.edu](mailto:sgk@umn.edu), Jan Morlock at [jam@umn.edu](mailto:jam@umn.edu), or Cathy Lee Gierke at [leegi001@umn.edu](mailto:leegi001@umn.edu)



## FIND YOUR HOME AT THE PILLARS OF PROSPECT PARK

Knowing when it's time to move is a difficult decision, but new beginnings are possible at the Pillars of Prospect Park. We invite you to join our community where you'll find endless opportunities to grow, learn, and connect with like-minded individuals looking to continue a meaningful and enriched life. The Pillars is here to support your lifestyle and provide the care you need, when you need it.

Visit the Pillars of Prospect Park and live life as it should be.



**CALL TO SCHEDULE YOUR TOUR TODAY!**



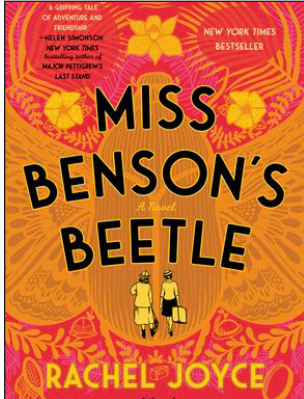
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## Book Club May 19 and summer meeting plans

UMRA member Stephanie Daily will lead a discussion of *Miss Benson's Beetle* by Rachel Joyce, which debuted as a New York Times bestseller in 2020, when the UMRA Book Club meets at 2 p.m. on Friday, May 19.



Beth Bedell will lead a discussion of *Flight Behavior*, a 2012 novel by Barbara Kingsolver, on June 16. And Diane Madlon-Kay will lead a discussion of *The Heart is a Lonely Hunter* by Carson McCullers, first published in 1940, when the group meets on July 21.

All three meetings will be held via Zoom. Email Pat Tollefson at [p-toll@umn.edu](mailto:p-toll@umn.edu) for more information, including suggestions for starting a new book club.

## 'Gilgamesh: A New English Version' is FF Book Club selection for May

Considered one of the masterpieces of world literature, the epic of *Gilgamesh* was first published 5,000 years ago. It is the story of literature's first hero—the king of the city-state of Uruk in what is today Iraq—and his journey of self-discovery.

There have been several competent scholarly translations of it, but Stephen Mitchell's *Gilgamesh: A New English Version*, published in 2004, has been acclaimed by scholars and critics alike as a lithe, muscular rendering that allows us to enter the ancient masterpiece as if for the first time, to see how startlingly beautiful, intelligent, and alive it is.

All UMRA members are welcome to join the discussion when UMRA's Fourth Friday Book Club meets via Zoom from 2 to 3:30 p.m. on May 26.

Please contact Dorothy Marden at [marden@umn.edu](mailto:marden@umn.edu) or Maggie Catambay at [m-cata@umn.edu](mailto:m-cata@umn.edu) for more information and the link to join the Zoom meeting.

... **WORKSHOP** from page 1.

We will also discuss the information that digital health devices can provide, the strengths and limitations, and the possibilities for the future.

Erica Schorr, PhD, RN, an associate professor in the U of M School of Nursing (SON), will be our guest presenter. She has expertise in designing and testing exercise-based interventions that utilize mobile health technologies to assist individuals to adopt and sustain healthy behaviors, manage disease-related symptoms, reduce cardiovascular disease risk, and improve overall health and health-related quality of life.



Schorr serves as chair of the SON Research Committee and was named to an endowed professorship in the school in 2022. She is a fellow of the American Heart Association (AHA) and chair and first author of a 2021 AHA scientific statement on using mobile health technologies for secondary cardiovascular disease prevention in older adults. She is also co-author of an AHA scientific statement on physical activity as a critical component of first-line treatment for elevated blood pressure or cholesterol, and of an AHA science advisory on digital technologies in cardiac rehabilitation.

Go to [z.umn.edu/UMRA-workshop-May-2023](https://z.umn.edu/UMRA-workshop-May-2023) to register for this free Zoom webinar at 11 a.m. on Tuesday, May 16.

—Ron Matross, UMRA president

## Stay in touch

Stay in touch with UMRA friends over the summer, and watch for invitations in your email for the 2023 UMRA Summer Social in late June and a cruise through the Mississippi River Gorge in Minneapolis in late August.

—Jan Morlock, [jam@umn.edu](mailto:jam@umn.edu)

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## An UMRA milestone

May 2023 marks the third anniversary of the first program UMRA held via Zoom, when then-Minnesota Commissioner of Management and Budget Myron Frans joined us on May 19, 2020, to speak about the state's response to the coronavirus pandemic. He was introduced by University of Minnesota President Joan Gabel.

... **ELECTION** from page 3.

Faculty Consultative Committee; Women's Faculty Cabinet; University Sesquicentennial Committee; and the Children, Youth and Family Consortium Advisory Council. For 10 years, she served on the Metropolitan Area Agency on Aging board, including as president, and since retiring in 2014 has served on the Agency's Advisory Committee. Jan is active in the UMRA Photo Club and as a member of the UMRA Host Team.

**Barbara Shiels** (nominated for a second, three-year term) retired in 2019 after serving as an attorney in the Office of the General Counsel (OGC) since 1983. Some highlights included a stint as associate general counsel for the former University Hospital from 1994 to 1997, advising the human research protection and conflict of interest programs on complex regulatory matters, and serving as the OGC contact for immigration matters throughout her tenure. Barb views her involvement in UMRA as an important way to maintain a strong connection with the University. One of her favorite volunteer activities, through URVC, is teaching English as second language to adult learners.

### New board members



**Bradley G. Clary** retired from the University in 2020 as Emeritus Clinical Professor of Law. Before joining the faculty full time in 1999, he practiced law in Minnesota for 24 years. The University has honored Brad as a Distinguished University Teacher. He is also an elected member

of the American Law Institute, a former member of the Law School Accreditation Committee of the American Bar Association Council on Legal Education, and a former president of the Association of Legal Writing Directors. He is a recipient of the Thomas F. Blackwell Memorial Award for Outstanding Achievement in the Field of Legal Writing, and he has served on the Minnesota Supreme Court Civil Justice Reform Task Force. Brad currently serves on the UMRA Program Committee. As a member of the Board, he would be happy to promote connections among UMRA members and between UMRA and the University, and to build upon and expand UMRA's positive role in the community.



**Diane Gihl** retired in 2018, after 31 years at the University, as executive assistant to the vice president for public engagement. Prior to that, she served as executive assistant to various administrators, including the executive vice provost, the vice president for student development and athletics, and the vice president for student affairs. She assisted in the planning for the University's sesquicentennial celebration and coordinated the 35th reunion of the 1962 Rose Bowl Championship players. She served for four years on the board of the University's Recreation and Wellness Center and is a season-ticket holder for Gophers men's basketball. Go Gophers! Diane hopes to bring a civil service employee/retiree perspective to the UMRA Board, and to assist in finding ways to provide opportunities for UMRA members to be involved and connected.



**Michael Hancher** joined UMRA in 2023, having retired as a professor of English in May after a half century at the University. He chaired the Senate Library Committee and was a member of the Friends of the Library board of directors. He also served as associate dean for faculty and research in the College of Liberal Arts, vice chair of the Faculty Consultative Committee, chair of the Department of English, and president of the Dictionary Society of North America. Much of his research focused on aspects of book history, Victorian studies, and book illustration.



**Wendy Pradt Lougee** (nominated to serve the remaining year in Laurie Koch's 2021–24 term) served as University Librarian, Dean of Libraries, and McKnight Presidential Professor, retiring in 2020. Under Wendy's tutelage, the University Libraries was awarded the National Medal for Museums and Libraries in 2017. Prior to joining the University in 2002, she held positions at the University of Michigan over a 20-year period.

See **ELECTION** on page 11 ...

... **ELECTION** from page 10.

Her work in developing a digital library program at Michigan was recognized with the American Library Association's Hugh C. Atkinson Memorial Award for innovation. Wendy has served on numerous professional boards, and currently serves on the Finance and the Justice Grants Committees at St. Joan of Arc Catholic Community in Minneapolis. A member of the UMRA Program Committee, her primary interests in UMRA involve programs to continue engagement in University scholarship and research.

### Continuing Board members



**Eric Hockert** automatically moves to president from president-elect. He retired in 2016 from the Office for Technology Commercialization after eight years helping faculty and companies transfer patented technologies from the University to industry for product development. His 40-year career included work at 3M, Imation, Boston Scientific, Vision-Ease, and a few years as a liaison between faculty and industry at IPRIME, a University-industry partnership in the College of Science and Engineering. He is past chair and a current board member of URVC, a member of the UMRA-URVC reaffiliation group, chair of the UMRA Program Committee, and past chair of the UMRA Communication & Outreach Committee. During his term as president, he will work to build on the solid foundation created by his predecessors and expand UMRA's efforts to engage a broader range of our membership.

**Ron Matross** automatically continues as immediate past president. He joined UMRA in 2013 after retiring as a senior analyst in the Office of Undergraduate Education.

**Jerry Rinehart** automatically continues as URVC Council chair. He joined UMRA in 2013 after retiring as vice provost and dean of students, U of M Twin Cities campus.

Other continuing members include Frank Cerra, Will Craig, Russell Luepker, Kate Maple, Jan Morlock, Kai-May Terry, and Diane Young.

UMRA thanks outgoing board members Bill Donohue, Cathy Lee Gierke, Cherie Hamilton, and Cathrine Wambach for their leadership and service to UMRA. Each will remain a valued colleague in multiple ways.

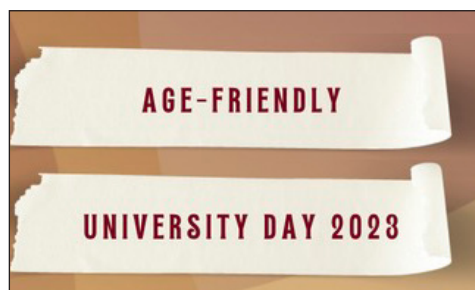
And a special UMRA thanks to Ron Matross for leading our retirees association this year with wisdom, foresight, and a sense of humor. We're fortunate he will continue to bring his talents to enrich the mission of this organization. Come to UMRA's 2023 annual meeting and luncheon forum on May 23 to thank Ron in person and meet the members of the incoming board.

—Jan Morlock, [jam@umn.edu](mailto:jam@umn.edu), past president and Nominating Committee chair

## Age-Friendly U Day June 26

Discussions on financial fraud, mindfulness, climate change, and more will be the focus of the second annual "Age-Friendly University Day" at the University from 8 a.m. to 2 p.m. on Monday, June 26.

Held in the McNamara Alumni Center on the Twin Cities campus in Minneapolis, the day will begin with tai chi (optional) and will feature a keynote presentation by award-winning journalist Diana Pierce. The program also includes a panel discussion led by NPR correspondent Chris Farrell and numerous break-out sessions. The \$25 cost includes continental breakfast and lunch.



Go to [sph.umn.edu/events > calendar > age-friendly-university](https://sph.umn.edu/events/calendar/age-friendly-university) for details and to register.

I hope to see you there. And if you go, be sure to visit the UMRA booth!

—Lynn C. Anderson, UMRA representative to the University AFU Council





UNIVERSITY OF MINNESOTA  
RETIREES ASSOCIATION

McNamara Alumni Center  
200 Oak Street S.E., Suite 250  
Minneapolis, MN 55455-2002

**May programs and events**

- 1 Hiking Club
- 8 Finance and Legal Group
- 9 Photo Club
- 15 Hiking Club
- 15 Executive Committee meeting
- 15-19 Annual election (online poll)
- 16 Living Well Workshop
- 19 Book Club I
- 22 Board meeting
- 23 Annual Meeting and Luncheon Forum
- 26 Fourth Friday Book Club

*Share upcoming events any time by emailing the UMRA webmaster at [leegi001@umn.edu](mailto:leegi001@umn.edu). Include event title, date, time, a brief description, and contact information.*

**UNIVERSITY OF MINNESOTA RETIREES ASSOCIATION**

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- PRESIDENT-ELECT** • Eric Hockert
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If you're 70½ or older, you can give up to \$100,000 directly from your IRA to charity, without paying federal income tax on the withdrawal. If you'd like to make a gift to the U or pay off a pledge, consider this tax-wise giving option.

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