‘Blue Zone’ To Highlight UIRA Program March 26

A community-based approach to improve health—the national Blue Zones Project—will be highlighted at UIRA’s program Thursday, March 26th, from 1-3 p.m. at the Coralville Public Library’s E. Jean Schwabe Auditorium.

The goal of the Iowa Blue Zones Project is to transform the environments in which Iowans live, work and play to enhance emotional, physical and social health. Faithanne Molyneaux, who is heading Iowa City Blue Zone efforts, will speak at 2 p.m. Before her talk, attendees will have a chance to visit tables with information about activities and projects that reflect Blue Zone activities. Organizations participating include Bicyclists of Iowa City, Running Wild, ISU Extension, Co-Housing, UI Wellness and Wellmark. Refreshments from New Pioneer will be served, and door prizes will be awarded.

Iowa City is seeking to become one of 10 “Blue Zone” designated cities in Iowa. Among those leading this effort are the Chamber of Commerce, ACT, Mercy, the University of Iowa College of Public Health, Iowa City Community School District, United Way, the cities of Coralville, Iowa City and North Liberty, Hy-Vee and University of Iowa Hospitals.

Mark Your Calendars And Save These Dates

April 4 (Friday) UIRA Program featuring a behind-the-scenes visit to the Herbert Hoover Presidential Library and Museum in West Branch.

April 24 (Thursday) at 11:30 a.m. UIRA annual meeting and luncheon at the Holiday Inn Hotel & Conference Center, Coralville. Winners of the UIRA Travel Photo Contest will be announced, and all photo submissions will be displayed.

June 4 (Wednesday) at 6 p.m. UIRA’s annual picnic at the Park Lodge of the Terry Trueblood Recreation Area, Iowa City’s newest park-recreation complex, south of town at 579 McCollister Blvd.

Gray Hawk Plans to Drop Paper Version

Beginning with the September 2014 edition, The Gray Hawk will be delivered to UIRA members only electronically. The UIRA Board at its meeting February 11 voted to discontinue publication and distribution of the paper version of the newsletter. The consensus of the Board was that the electronic-only version will not only be more economical but also result in speedier delivery. The annual cost of The Gray Hawk is about $1,800, including paper, addressing and postage. An additional major benefit to electronic production and distribution is flexibility in size (more pages) and content (photographs, color, special effects, etc.). Please send any comments to Dick Johns, using e-mail (rjohns@q.com), postal service (2731 Oakmont Ct., Coralville, IA 52241, or phone 319 354-1904).
Nominate new UIRA officers

Rick Walton, UIRA president, has appointed a Nominating Committee Chair, Charlie Anderson, to present a slate of officers at least 30 days before the April 24th annual meeting. At the meeting Charlie and the Nominating Committee will present a slate and invite nominations from the floor. You are welcome to suggest yourself or other names for the slate. Charlie’s e-mail address is cva818@gmail.com

Open positions include President-elect, who serves as Program Chair the first year and President the second year, the Secretary and two Director positions.

Search Begins For Editor of the Gray Hawk

The UIRA Board is seeking to fill the position of editor of The Gray Hawk, beginning with the September 2014 issue. The UIRA Newsletter Editor serves a three-year term, which can be renewed, and is a voting member of the Board. Ann Ford, editor for the past three years, will end her term on the Board this year.

“Editing The Gray Hawk is an extremely valuable service to the UIRA,” said Ken Starck, UIRA president-elect. “Ann has done a terrific job, and we’re all grateful for her contribution.”

An editor should have access to a computer, be familiar with creating computer publications, be aware of good grammar usage and, preferably, have some editing background. Persons interested should contact Ken Starck at 354-2802 or kenneth-starck@uiowa.edu.

UI’s ‘Iowa Now’ Offers News/Info At No Charge

Here’s a no-cost way to keep up with UI events: Subscribe to Iowa Now at email.now.uiowa.edu/

Produced and distributed electronically each weekday by University Communication and Marketing, the website carries news and announcements under the headings of Arts, Athletics, Campus, Community, Health and Research. Each day’s announcements offer a summary of the Top News. There is no cost to subscribe or unsubscribe.
Elder Services Offers Help

Elder Services Inc. may be the organization you need to provide assistance or a volunteer opportunity – or that a friend needs. Founded in 1980, “Elder Services, Inc. (ESI) provides programs, services, and resources to assist persons age 60 and over in Johnson County and east central Iowa to stay active, independent, and safe in their homes.”

Elder Services Inc. provides a wide range of services and assistance, including geriatric assessment, coordination of volunteer services, RSVP (Retired and Senior Volunteer Program), Meals on Wheels, Nutrition services (including Meals on Wheels and the Elderberry Café), Elder Answers, Medicare Senior Health Insurance Initiatives, bill paying management, medical transportation, home assistance, and care coordination.

Please phone Elder Services Inc. at 319-338-0515 or see their webpage www.elderservicesinc.com/ for a more complete description and contact information.

New UIRA Members

We welcome these new members who joined since our February 2014 issue. If you have friends who are eligible but are not members, encourage them to join UIRA. And remind newly-retired University of Iowa employees to fill out the membership form for their free membership year.

Lee A. Eberly College of Medicine
Susan S. Eberly UIHC Center for Disabilities
Paula Eifler UIHC Pathology
Mary E. Kundert UIHC Pharmacy
Michael J. Kundert College of Engineering
David Martin University Libraries
Steven E. Nelson Pediatrics
Jeanne S. Nelson College of Medicine
Rebecca (Becky) Sandersfeld UIHC Ob/Gyn

FilmScene Scores Hit With UIRA

About 75 UIRA members braved single-digit temperatures February 27 to go to the movies—not just the movies but also to visit Iowa City’s new and only downtown theater, FilmScene.

FilmScene Co-founder Andy Brodie welcomed UIRA members to the theater which opened last December on the Ped Mall at 118 E. College St. He said it was an effort “to reclaim a little of Iowa City’s film history.” FilmScene partnered with UI’s Bijou Film Board to form the nonprofit organization “dedicated to enhancing the cultural vitality of the Iowa City area through the presentation and discussion of film as an art form.” FilmScene’s website is: www.icfilmscene.org

With Academy Award winners to be announced Sunday, March 2nd, UIRA members viewed several of the Oscar-Nominated Live Action Short Films, including “Get a Horse!” (USA), “Mr. Hublot” (France-Belgium), “Possessions” (Japan), “The Missing Scarf” (Ireland) and “The Blue Umbrella” (USA).