Our Backyard, North Liberty by Melody Strom

This winning photo (second place in the Iowa category) by Melody Strom was one of 95 photos submitted in last year’s annual Travel Photo Contest sponsored by UIRA and supported by the Hills Bank and Trust Co. Of the 95 photos, nearly a third—33—were submitted in the Iowa category. The number of entries in the two other categories were: USA outside Iowa, 38; and International, 24. (Continued on page 2.)
It’s UIRA Photo Contest Time (Continued from page 1)

The contest is open to current UIRA members. There is no entry fee. Cash prizes will be awarded when winners are announced at the annual April business meeting and luncheon, and winning photos will be displayed at UIRA’s website. For last year’s winning photos, see UIRA’s “Photo Gallery” at https://uira.shutterfly.com/.

Deadline for entries in this year’s contest is January 31, 2016. Submit photos via email to: uira.photo.contest@gmail.com.

When submitting photos, an entrant must include (1) his/her name, (2) email address, (3) number of photos submitted, (4) category in which each photo is to be judged and (4) brief captions for each photo (or group of photos).


A professional photographer will judge the photos on the basis of Originality, Creativity and Photo-Quality.

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Kinze Tour Reminder and Request

Tuesday, November 17, at 10 a.m. the 40 UIRA members who signed up for the tour of Kinze Manufacturing in Williamsburg will have a unique opportunity to tour this successful Iowa ag business in its golden anniversary year.

If you are one of those who signed up and for any reason are unable to attend, please contact Nancy Hauserman nancy-hauserman@uiowa.edu so that members on the waiting list can attend.

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Exciting Plans Underway

UIRA Explores Creating Endowed Scholarship

A student scholarship endowed by UIRA is being investigated. At the September UIRA Board meeting, a subcommittee was formed to review the requirements for a UIRA scholarship fund. In the past month, subcommittee members President Beverly Robalino, President-Elect Nancy Hauserman and Director Michael Barron met to create a mission statement and define possible requirements for an annual scholarship. They also met with The University of Iowa Foundation staffers and they learned a minimum of $50,000 is needed to establish a permanent endowed scholarship. All proposed fund donations would be administered by the Foundation and be tax deductible. After discussing the scholarship requirements at the October meeting, the Board authorized the subcommittee to proceed with the further development of plans for a scholarship fund. More detailed information will be provided in The Gray Hawk next month.

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Planning for UIRA programs for the next calendar year are in the works and span areas of research and programming. Look forward to learning about the Virtual Soldier Project of the College of Engineering, the athletic department, the Iowa Political Stock Market of the Tippie College of Business and the Annual Luncheon April 21, 2016. If you have program ideas or suggestions, Nancy Hauserman, president-elect, welcomes your ideas at nancy-hauserman@uiowa.edu
A special letter of invitation……

Dear UIRA Members,

I am a member of the board for COMPEER of Johnson County, an organization of volunteers whose mission is "to reduce the loneliness and isolation of adults receiving mental health treatment by developing structured friendships with community volunteers." In other words, Compeer helps create intentional (hopefully, long-term) friendships with volunteers in the Iowa City area who can spend four hours per month meeting for coffee, going for a walk, just spending time together where the focus is on building a relationship of trust and caring between the volunteer and participant.

I retired 10 years ago and have been a Compeer volunteer for nearly that long. My friend was a full generation younger than I yet we made a fast friendship. This is an excellent option for a retired volunteer because there is a tremendous amount of flexibility. The volunteer and participant decide when to meet and what activities they will do.

Compeer is a small, independent non-profit that is entirely financially self-supporting. We are looking for more volunteers to fulfill this mission—presently there are many people (20) on our waiting list who would welcome a volunteer friend. UIRA members would be ideal candidates for volunteers.

If you would like to explore the opportunity to become a Compeer volunteer, contact Deb Moore, our Director at compeeric@gmail.com or 319-383-6264.

I would be pleased to answer any inquiries about my experiences as a volunteer.

David A. Jepsen, Professor Emeritus
david-jepsen@uiowa.edu or 466-7510.

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Added Value of UIRA Membership

Four Special Interest Groups Always Welcome New Participants

Four special interest groups offer an opportunity to become further involved through UIRA membership. Feel free to contact the coordinators and join others who share interest in cinema, international events and world affairs, Latin America and the newest group for walkers—Gray Hawk Steppers.

Special Interest Groups (SIGs) link on the UIRA’s homepage:
http://uira.org.uiowa.edu/special-interest-groups

Cinemafanatics: Rick Walton
International Events and World Politics: Phil Klein
Friends of Latin America: Gene Spaziani
Gray Hawk Steppers: Beverly Robalino

richard-walton@uiowa.edu
phil-klein@uiowa.edu
sngspaziani@mchsi.com
beverly-robalino@uiowa.edu

If you have friends, neighbors or former co-workers who are not members of UIRA, feel free to forward The Gray Hawk and invite them to visit the web page and become a member. http://uira.org.uiowa.edu
News about the Distinguished Service Awards

UIRA’s newly-established service awards program continues to draw attention.

SERVICE PLAQUES PLACED—UIRA’s Distinguished Service Award plaques have been mounted on columns in the lobby at the east entrance to the Main Lounge of the Iowa Memorial Union. The two plaques—one on the south side of a column and another on the north side of a second column—recognize members for outstanding service contributions to the university and community. The first names to appear on the plaques in the awards program initiated last year are Nancy Lynch for Outstanding Service to the Community and Al Hood for Outstanding Service to the University.

AWARDS ADVANCE CHARITY—Honorees in the UIRA’s Distinguished Service Awards program each receive $100 to be given in their names to a charity of their choice. During the first year of the program, Al Hood, who received the award for Outstanding Service to the University, designated the Iowa City/Johnson County Senior Center to receive the gift, and Nancy Lynch, recognized for community service, named the Iowa City Public Library as recipient.

In a letter acknowledging the gift, Patty McCarthy, director of development for the Iowa City Public Library Friends Foundation, wrote, “Your thoughtful contribution will benefit many Library patrons and it is an honor to be able to help you celebrate Nancy Lynch.”

NOMINATIONS IN ORDER—Any member can nominate any other member or her/himself for UIRA’s Distinguished Service Awards. One award is for Outstanding Service to the Community and the other for Outstanding Service to the University. Awards are based on outstanding service carried out since retirement. Nominees must have been retired for a period of at least two years. Submit nominations to Board member Pam Willard by January 31, 2016, at pamela-willard@uiowa.edu or by regular mail to Pam Willard, 657 Larch Lane, Iowa City, IA 52245. Additional details can be found on page 6 of the October Gray Hawk.

September Retrospective
Estate Planning Topics Presented by Tom Gelman

Approximately 50 UIRA members attended Tom Gelman’s September 29 Thoughtful Estate Planning program. Gelman, a partner in the law firm Phelan, Tucker, Mullen, Walker, Tucker and Gelman L.L.P., presented information on five basic estate planning topics including:

- Disposition of assets: trusts, beneficiary designation (IRA, 403b), joint tenancy with right of survivor
- Tax considerations: Income taxes and death taxes (Iowa inheritance tax and federal estate tax). Any real estate owned in Iowa is subject to the Iowa inheritance tax. A surviving spouse or a charity however, does not have to pay this tax. The federal estate tax is calculated on the entire sum of the estate. Estates worth up to $5.4 million are exempt.
- Administrative issues: probate, trusts, legal/contractual (ie beneficiary designations)
- Disability planning: general or health care powers of attorney
- Management of asset investments: living will which indicates intent and can be used for life saving procedures

THANK YOU to everyone who brought food to the estate program. People served by the Johnson County Food Bank received 60 pounds of food thanks to generous UIRA members.
Health Awareness
Specialized Rehabilitation Centers Help Seniors Recovery

For people who struggle with substance addiction, help can be found at a rehabilitation center. However, people such as the elderly may need additional help when it comes to overcoming substance abuse or addiction problems. Through elderly rehabilitation programs, many elderly people are finding the help they need. Unlike typical rehab centers, elderly rehab centers are specifically designed to help older people who need assistance overcoming an addiction to drugs or another substance.

Alcohol dependence can involve any of the following symptoms or behaviors: drinking alone, losing interest in food, being careless about personal appearance, having blackouts, driving drunk, hurting oneself or someone else while intoxicated, hiding liquor bottles and glasses to hide the evidence of drinking and experiencing mood or personality changes.

What Is an Elderly Rehabilitation Facility?

While regular rehabilitation facilities and centers for the elderly are alike in many aspects, they also differ. At a center designed for seniors who are suffering from substance addiction problems, professionals are trained to deal specifically with addiction among the elderly. The professionals working at this type of facility are experienced in helping the elderly overcome the physical aspect, as well as the psychological aspect, of addiction. Many people find it surprising that so many seniors suffer from addiction to drugs or alcohol. However, with the amount of life changes that occur as a person ages, such as retirement or the death of a loved one, the elderly are particularly susceptible to addiction.

Elderly addiction can be difficult to deal with due to how the body reacts as it ages. For example, while a younger person may not experience severe symptoms of withdrawal from a substance during the detoxification process, an elderly person may handle it completely differently. Due to the way an elderly person handles the rehabilitation process, monitoring from medical professionals who are specifically trained in elderly rehab is needed. For more information refer to Rehab Centers for Seniors at http://www.rehabs.com/about/elderly/

This website was provided by Lauren Holloway, Community Outreach Coordinator for the Alcohol Awareness Council (AAC). AAC is dedicated to informing the public about the use and abuse of alcohol.

Update on Retirees Email Status
Decision Making Process Proceeding

As shared in previous issues of The Gray Hawk, UIRA leadership has continued to be in touch with appropriate UI administrators to advocate for retirees continued access to their email accounts. By letter, phone and email contact has been ongoing with interim Vice President of Finance & Operations Rod Lehnertz and Steve Fleagle, associate vice president and University chief information officer. Fleagle has met with Provost Barry Butler, Interim Vice President of Finance and Operations Rod Lehnertz, and Human Resources Vice President Kevin Ward to discuss the email issue. This group with general counsel is expected to meet in November to make a final decision. Fleagle remains optimistic that a solution that will work for everyone will be found. Emeritus faculty will keep their UI email addresses and will not be affected.
Welcome New UIRA Members

Gary Anderson     Spouse
Diane Beeler     HR Information Management
Scott Hinz     UI Hygenic Lab
Mallory Hinz     Spouse
Twila Hobbs     UIHC Pediatrics
R. D. Hobbs     Spouse
Karen Hoffman     UIHC Ophthalmology
Richard Hoffman     Spouse
Marlo Laing     HR Employment Services
Mike Laing     Dept. of Public Safety
Linda McGuire     Law
Karla Miller     Rape Victim Advocacy Program
Raymond Riezman     Economics
Vilia Tarvydas     Rehabilitation Counselor Education
George Sauerberg     Spouse

The UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month in the Buffet Room (#427) of the Levitt Center, September through June. Visitors are always welcome to attend:

2015—November 10, December 8
2016—January 12, February 9, March 8, April 12, May 10, June 14