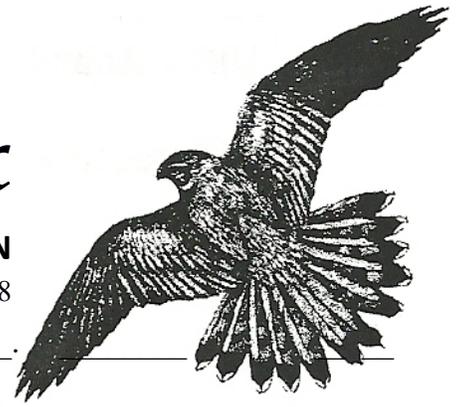


The Gray Hawk

UNIVERSITY OF IOWA RETIREES ASSOCIATION

April 2024 • Vol. XXX, Issue 8



Upcoming UIRA Programming

Connect, Contribute, and Create: The Future of Optimal Aging

Thursday, March 28, 1:00 p.m., 2520-D University Capitol Center (UCC) and via Zoom (*Link will be sent out on March 26. Lost link? Contact Ed Dove, edwin-dove@uiowa.edu.*)

Considering that 1 in 5 people in the U.S. will be over age 65 by 2030 (Rural Health Information Hub), our communities will need support and resources specific to an aging

population. The Csomay Center for

Gerontological Excellence in the College of Nursing at the University of Iowa is uniquely positioned to bring together people, organizations, and resources to meet those needs. Join us to learn how the Csomay Center can connect, contribute, and create a future of optimal aging.

Jen Jones, MHS-PH, is the program coordinator for the Optimal Aging Initiative, which seeks to help all Iowans age optimally. In this role for just over a year, Jen supports this initiative through community engagement and developing partnerships that increase aging resource opportunities. Prior to joining the Csomay team, Jen was the director of development for Memorial Hospital Foundation, a critical access hospital in Carthage, Ill.

Sam Wittrock, MPH, MS is the center coordinator overseeing the day-to-day operations of the center and the implementation of the center's strategic plan to advance innovations in research, education, and practice to promote optimal aging and quality of life in all older adults and their caregivers. A University of Iowa alumna, Sam graduated with a joint master's degree in public health and urban and regional planning in 2016.



Jen Jones



Sam Wittrock

All Things Water: Improving Community Resilience to Floods, Droughts, and Declining Water Quality

Tuesday, April 9, 1:00 p.m., Meeting Room A, Coralville Public Library and via Zoom (*Link will be sent out on April 7. Lost link? Contact Ed Dove, edwin-dove@uiowa.edu.*)

The State of Iowa recently completed a project entitled the Iowa Watershed Approach focused on improving community resilience to floods, droughts, and declining water quality. This science-based project followed a systematic process of hydrologic assessment, goal setting, development of watershed plans, installation of monitoring systems, project construction, community engagement, identification of vulnerable populations, and details of participant surveys and quantitative assessment. The presentation will provide a vision for a more resilient Iowa across all sizes of cities, from small rural communities to large urban centers.

Larry Weber is the Edwin B. Green Chair in Hydraulics in the Department of Civil and Environmental Engineering and director of IIHR—Hydroscience and Engineering, the nation’s oldest academic research program focused on hydraulics, hydrology, and fluid mechanics. He co-founded the Iowa Flood Center at the University of Iowa and the Iowa Nutrient Research Center in partnership with Iowa State University.



Larry Weber

National Advanced Driving Simulator Tour

Wednesday, April 17, 11:00 a.m., 2401 Oakdale Blvd., Coralville

The Driving Safety Research Institute (DSRI) aims to make roads safer by researching the connection and interaction between humans and vehicles. They are home to the National Advanced Driving Simulator, a suite of world-class driving simulators, and a



fleet of five instrumented on-road research vehicles. This interdisciplinary transportation safety research institute in the University of Iowa’s College of Engineering is funded by government and industry contracts. Their research expertise includes driver behavior, drowsy and distracted driving, drugged driving, connected and automated vehicles, crash data analysis, and more.

Incarceration Among the Elderly

Wednesday, April 24, Noon, 2520-D University Capitol Center (UCC) and via Zoom (*Link will be sent out on April 22. Lost link? Contact Ed Dove, edwin-dove@uiowa.edu.*)

Ballooning state and federal incarceration is problematic and costly for many reasons, but one ever-increasing complication is the fact that our prison population is aging. According to the Census Bureau, from 1991 to 2021, the percentage of people 55 years or older in our nation's prisons swelled from 3% to 15%. And more than 30% of people serving life sentences are at least 55 years old. Aging in prison can be dangerous. It is certainly costly. And data show that it cannot be justified by the need to protect the public. This talk will discuss the demographics of the current prison population, the realities of what it means to grow old in prison, and present some alternatives to continuing with the current carceral state of affairs.



Alison Guernsey

Alison Guernsey is a clinical professor of law in the UI College of Law. She teaches in and directs the college's Federal Criminal Defense Clinic. Under her supervision, law students represent indigent individuals charged with federal offenses in the U.S. District Courts for the Northern and Southern Districts of Iowa. Students also practice before the U.S. Courts of Appeals for the Eighth and Sixth Circuits. Alison received a BA from the University of Michigan (2001) and JD from the UI College of Law (2008).

Future UIRA Programming

■ **Fraud Alerts for Seniors**, Sally Leme, Thursday, May 16, 11:00 a.m., 2520-D University Capitol Center (UCC) and via Zoom

One Day for Iowa

One Day for Iowa, the UI's 24-hour online giving day, is Wednesday, March 27, 2024.

Each year UIRA members have contributed about \$2,000 to the UIRA Scholarship Fund. Let's see if we can increase our giving this year and increase our scholarship fund. Last year, more than 4,000 Hawkeyes gave back in support of the University of

Iowa—making an important impact. You can make a difference this year. This link takes you to the UIRA Scholarship Fund donation page: tinyurl.com/mr5supcs.



Explorers Walks



Spring is here (and hopefully warmer mornings), so **Explorer walks have moved back to 10:00 a.m.**

- **April 24** (Wed), 10:00 a.m., Kent Park (meet at the Education Center)
- **May 15** (Wed), 10:00 a.m., Two Horse Farm

Special Interest Groups

Did you know that UIRA members can organize a special interest group on any subject of interest? Love reading, bird watching, dining out? Create a special interest group! If you have an idea for a group, contact any board member (see page 7) who can help you start one.

To RSVP or to receive more details, contact Explorers coordinators: **Alice Atkinson**, amatkinson@mchsi.com or **Lesanne Fliehler**, fliehler@gmail.com.

Recent Recordings

Recordings of recent UIRA presentations are available on the web at <https://uira.org.uiowa.edu/news-and-events/events-and-programs/past-events-and-programs>.

- “Saving Your Brain: Dementia Prevention,” Patricia Quinlisk
- “Cycles of the Seasons: Meskwaki Then and Now,” Chérie Haury-Artz
- “Creating the Hancher Season,” Aaron Greenwald

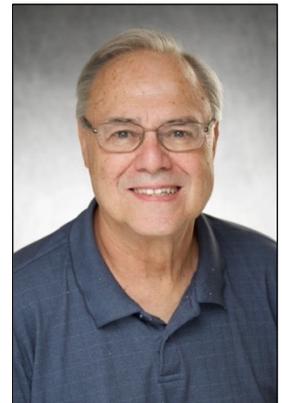
Emeritus Faculty Lecture Series

Language and Health: Language Abilities and Children’s Well-Being

Bruce Tomblin, Ph.D.

Professor Emeritus, Communication Sciences and Disorders
Thursday, April 25, 4:00 p.m.
Kollros Auditorium, 101 Biology Building East

Language is often viewed as one of the signal attributes of humans. It is a universal property of humans that is acquired easily during early childhood with no formal instruction. During this time some children are more adept at language learning than others. These individual differences in language development have the potential of affecting children’s well-being. This talk will provide an overview of a 10-year longitudinal study of the outcomes associated with individual differences in language during the school years.



Bruce Tomblin

From UIRA President Deb Cobb

The Strength of Community

Celebrating my 70th birthday with my college friend in Hawaii, I am impressed with the welcoming, friendly attitude of the people here on the Big Island of Hawaii. Aloha is the greeting here, and it conveys love, peace, and living in harmony. Ohana, their word for community, emphasizes the strength of connection with people having a common bond. Both of these words reflect the spirit of UIRA, with our goal of building community among fellow retirees and maintaining a strong connection to the University. The inclusion of UIRA in the University of Iowa's *Policy Manual* strengthens this community, by recognizing UIRA as the official advisory body to the University on issues relating to the interests and welfare of retired faculty and staff.

The link to the updated *Policy Manual* with UIRA included under Section I-2.8(12) can be found online at [https://opsmanual.uiowa.edu/governance/university-iowa#2.8\(12\)](https://opsmanual.uiowa.edu/governance/university-iowa#2.8(12)).

This official inclusion ensures future continuity in the support and recognition of the UIRA even as administrators and personnel change. While there has always been a good relationship between the UIRA and the University of Iowa, the UIRA operated independently from 1995 to 2022, with no formal relationship or financial support. The support of the University of Iowa has been instrumental in enabling the UIRA to implement electronic dues collection, provide reliable communications technology, and update our website and email system. Our UIRA community is strengthened by the bond we share with the University of Iowa, and we are grateful for the support of President Wilson and the governing bodies of the University in bringing this formal affiliation to fruition.

I would also like to remind our members, in the spirit of Ohana and Aloha, to give generously to the UIRA Scholarship Fund for students in need during One Day for Iowa on March 27, 2024.

Each year UIRA members have contributed about \$2,000 to the UIRA Scholarship Fund. Last year, over 4,000 Hawkeyes gave back in support of the University of Iowa--making an important impact. This year UIRA hopes to increase our giving and thus our student scholarship fund by encouraging all our members to donate during "One Day for Iowa."

Annual Meeting: Save the Date!

The UI Retirees Association annual meeting will be held on June 11 at 2:00 p.m. in 2520-D University Capitol Center (UCC). Mark your calendars now. Details will be coming soon.

Finally, I want to say Mahalo (thank you) to all of you who have helped to make UIRA a strong and vibrant community (Ohana). Together, we can look forward to a bright future for the UI Retirees Association.

Service Award Nominations Due April 15

Each year two UIRA members are honored for their volunteer service post-retirement. **The Community Service Award** honors a UIRA member for service to the community at large and the **Volunteer Service Award** honors a UIRA member for service to the university. The criteria for the awards are:

- A nominee must be a UIRA member and must have been retired for a period of at least two (2) years.
- The awards are based on outstanding service carried out since retirement. Activities prior to retirement are not considered.
- Volunteer service may include a wide range of activities that make a positive impact.
- Recipients must attend the annual meeting to accept the award.

Any UIRA member may submit a nomination, including nominating themselves. Please include a one-page letter describing how the nominee has successfully contributed through involvement in one or more activities, and a one-page biography, which includes the nominee's name, mailing address, email address, and phone number. **Nominations are due Monday, April 15, 2024**, to Awards Committee chair **Carolyn Wanat** at carolyn-wanat@uiowa.edu.

Grandparents University®

This intergenerational learning program allows grandparents—or honorary grandparents—to spend a day of discovery with their grandchildren. This campus event will offer hands-on educational opportunities with UI experts. You can make lasting memories while exploring engaging topics in everything from the arts and humanities to medicine and science.

You'll have the chance to learn more about topics such as bird banding, Beatrix Potter, the metaverse, and memory and the brain, and more.

Grandparents University®

Thursday, July 18, 2024
University of Iowa campus
8:00 a.m.–4:30 p.m.

To register, visit:

www.foriowa.org/grandparentsu

Registration began on Monday, March 25 and will remain open until July 3, or until enrollment reaches capacity. For more information, please contact Erin Brokel, University of Iowa Center for Advancement, erin.brokel@foriowa.org or 319-467-3668.

IOWA

UI Retirees Association Board of Directors 2023–2024 (year term on board expires)

Deb Cobb	President (2025) deborah-cobb@uiowa.edu
Evalyn Van Allen-Shalash	President-Elect (2026) van-allen-shalash@uiowa.edu
Ed Dove	Past President (2024)
Chris Peterson Brus	Secretary (2026)
David Fitzgerald	Treasurer (2024)
Lesanne Fliehler	Editor, <i>The Gray Hawk</i> (2024)
Phil Klein	Webmaster (ex-officio)
Vicki Siefers	Director (2024)
Mike Hovland	Director (2025)
Cathy Wilcox	Director (2025)
Michael Barron	Director (2026)
Lois Cox	Director (2026)
Diana Lundell	Director (2026)
TBD	EFC representative (ex-officio)

The UI Retirees Association maintains a continuous connection to the University of Iowa and supports the interests and welfare of retired University of Iowa faculty and staff members.

Meetings of the Board of Directors are held at 1:00 p.m. on the second Tuesday of the month. Meetings are hybrid (in person at USB and via Zoom).

Contact Info: UI Retirees Association
University Services Building
1 W. Prentiss Street, Iowa City, IA 52240
Email: ui-ra@uiowa.edu
Website: <https://uira.org.uiowa.edu>