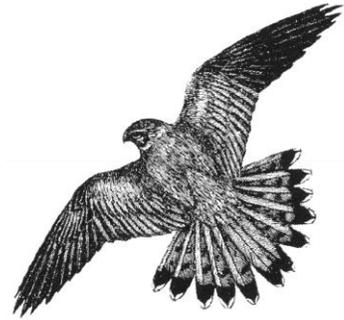


The Gray Hawk

NEWSLETTER OF

THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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Celebrating 20 Years of Service to University and Community

A MESSAGE FROM OUR NEW PRESIDENT:

A Remarkable Tribe Called Retirees—and How to Join

It's late August, and I've just returned from five days of remarkable meetings attended by remarkable people from all over the country. They're part of an emerging tribe I joined a few years ago. We're called retirees. That means it's time for life's encore.

Welcome to the expanding world of retirees in higher education.

First there was the annual Big Ten Retirees Associations Conference. There were a few musings about Big Ten football, but the focus was on the serious business of retiring and retirees' relationships to their institutions. That was a warm-up to the larger 7th Biennial Conference of the Association of Retirement Organizations in Higher Education (AROHE), also held on the University of Minnesota campus. AROHE's theme was building connections.

Relationships and building connections—those thoughts are still bouncing around in my mind as I contemplate the year ahead for our Retirees Association. Our organization has come a long way since it was founded two decades ago by our perceptive predecessors. Based on my observations in Minnesota, we still have a long way to go in building relationships with the university and contributing to our own well-being as well as that of our community.

We hope you take this opportunity to become acquainted with UIRA as a first-time member or, if you're already a member, to renew your membership (see form accompanying this newsletter). It will be a good way to build new relationships and connections—and, as I've discovered, to be around remarkable people.

--Ken Starck, UIRA President

All Slots Are Now Filled for Driving Simulator Program Scheduled for September 17



UIRA will launch its programming for the year with a tour September 17 of the University of Iowa's National Advanced Driving Simulator (NADS), a transportation safety research center with a comprehensive and unique collection of driving simulators.

Two sessions were scheduled, and now both have been filled, according to **Rick Walton**. He will keep a wait list for those still interested. If enough interest is shown, another visitation may be scheduled. The sessions for Wednesday, September 17, will be from 1 to 2:30 and from 3 to 4:30. Included will be a 45-minute tour of the building and facilities and a demonstration of a driver simulation system. This

will be followed by a 45-minute presentation, with time for questions. No more than 20 persons could be scheduled for each session. **Rick Walton's** email is: richard-walton@uiowa.edu, and his phone is (319) **354-8090**). Reservations were taken on a first-come, first-serve basis. Those who successfully registered have been notified of the session they will be attending.

Included in the discussion will be the research programs in which the facility has been engaged, both in recent years and those which are ongoing. Of particular interest will be insights into how driving skills change with aging and how these skills can affect driving.

The facility is located at 2401 Oakdale Blvd. Ample on-site parking is available.

Don't Forget to Renew Your UIRA Membership for 2014-2015!

As of July 31, a total of 404 individuals have renewed UIRA membership, and 25 new members have been added. According to the membership roster, that leaves 193 persons who have not renewed. Please check your checkbook register to make sure that you have not overlooked your renewal.

The renewal options are \$10 per person for one year or \$25 per person for three years. If you have any questions about your membership please contact Dick Johns, Membership Chair at rjohns@q.com or 319-354-1904. A membership form accompanies this issue of The Gray Hawk and also is available at the UIRA website: uiowa.edu/~uira/.

Fitness Screening Added to Flu Shot Clinic Set for Thursday, October 9

Fitness screening will be part of this year's annual private flu clinic scheduled from noon to 4 p.m. October 9 (Thursday) in the lower level of Hills Bank in Coralville at 1009 Second St.

The screening is optional and free. It is offered by **Sure Steps** under the auspices of Johnson County Livable Community. Screenings will be conducted by trained volunteers with the oversight of a community expert. Fitness components to be assessed are: (1) agility and dynamic balance; (2) leg strength; and (3) arm strength.

The **Visiting Nurse Association (VNA)** will be administering the clinic, offering flu shots, FluMist and pneumonia vaccine. A High-dose Flu Shot is an option for persons 65 and older. People should bring their insurance cards since the VNA will bill Medicare, Medicare Replacement, Blue Cross and other insurance companies. If paying by cash or check at the site, costs are: Flu Shot—\$29; Flu Mist—\$32; High-dose Flu Shot—\$42; and Pneumonia—\$87.

There is ample free parking at the Hills Bank, Coralville. Here is more information for those interested in fitness screening:

- Fitness screening consultation takes about 10 minutes;
- Individuals participating in the screening should wear comfortable, low-heeled shoes with flat soles;
- Participants will have an opportunity to repeat the screening during the next 6-12 months to monitor progress.

Beverly Robalino Replaces Departing Roy Justis as President-Elect

Beverly Robalino will step in as UIRA's President-Elect with the resignation July 4 of **Roy Justis** who notified UIRA officials that he and his wife, Rita, are moving from Iowa City to Cedar Falls. The UIRA Board approved a recommendation from President **Ken Starck** to appoint **Robalino** to the position. This was in accord with UIRA Bylaws for filling unexpired terms (see Section 3, Vacancies). **Robalino** had been on the short list of candidates compiled by the Nominations Committee.

Robalino retired from the UI in June 2013 after working for 25 years as a registered architect and senior design project manager (DPM) with Planning Design & Construction in

Facilities Management. A DPM, she explained, manages building projects from their initiation up to the start of construction. For the first half of her UI career, she worked primarily on Carver College of Medicine and Residential Services renovations and new construction projects. Since the 2008 flood, her time was devoted entirely to flood recovery projects. She was the DPM for the three new flood building projects including Hancher, School of Music and Visual Arts Building with the project budget for these three projects totaling \$400 million. Prior to working at UI, she worked in private architectural firms in Iowa and Ecuador.

Robalino has lived in Iowa City/Coralville since 1979. She grew up in New Jersey and is a graduate of Iowa State University.

Travel Photo Contest Enters Second Year

UIRA's Travel Photo Contest, inaugurated last year and attracting more than 50 entries, will continue for the second year. Most of the rules remain unchanged.

There will be three categories: photos taken (1) in the state of Iowa; (2) in the USA outside Iowa and (3) outside the USA. Prizes will be awarded in each category. Entrants may submit no more than three photos in one or more of the three categories. There is no entry fee. Current UIRA members are eligible to participate. The deadline to submit entries is December 31. Photos must be submitted in digital format and will be judged on originality, creativity and photo quality. Photos taken over the past two years can be entered. Complete contest details are posted at: uiowa.edu/~uira/pdf/travel-photo-contest.pdf.

To see winning photos in the 2013 contest, go to the UIRA website at this link: uira.shutterstock.com/pictures/396#396.

UIRA Represented at Big Ten Retirees, AROHE Meetings at U of Minnesota

UIRA President **Ken Starck** attended the annual Big Ten Retirees Associations Conference August 8-10 followed by the biennial conference of the Association of Retirement Organizations in Higher Education (AROHE) August 10-12 at the University of Minnesota, Minneapolis.

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A photo report of the two conferences with quite a bit of detail  
in the captions can be found at the UIRA's website  
at: [uira.shutterstock.com/pictures/433](http://uira.shutterstock.com/pictures/433).  
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The University of Minnesota Retirees Association (UMRA) served as host to the meetings. Purpose of both conferences is to share ideas and address retiree-related issues, from preparation for retirement to retirees as a community/university resource, from health to institutional support.

Registered for the Big Ten Conference were a total of 54 persons: 49 representatives from all Big Ten universities (that includes 27 from host UMRA) except for new Big Ten members Rutgers and Maryland and 5 special guests.

Registered for the AROHE Conference were about 110 persons from more than 30 states, the District of Columbia and Canada. Also attending the AROHE meetings was **Ken Kuntz**, president of the UI's Emeritus Faculty Council and past president of UIRA (2011-12).

The next Big Ten meeting will take place August 14-16, 2015, at Michigan State University, East Lansing. The 2016 AROHE Conference will take place at the University of Washington, Seattle.

A popular event at the Big Ten Conference is a session on "best practices." Takeaway

tips included: creating a website for interest groups; offering lifetime memberships (at Ohio State the cost is \$250); establishing awards for service that can go to individuals or institutional units; sponsoring a reception for new retirees; organizing a group book reading and discussion; and instituting a travel photo contest (the latter suggestion from the UIRA).

About UIRA'S Website @ uiowa.edu/~uira/

- Q Who was the first president of UIRA?
- Q What was so fascinating about 3D printing?
- Q Does UIRA have a set of bylaws?
- Q How can I get my hands on the September 2011 UIRA newsletter?
- Q Where can I find minutes of last year's Board meetings?
- Q Is there a UIRA membership form on line?
- Q Who were the winners in the UIRA's first Travel Photo Contest?
- Q Are there any perks or discounts that come with retirement?

Answers to these—and countless other questions—can be found at UIRA's website. Just consult the handy index at the left. Here are answers to the first two questions: Arthur Canter (1995-96) and go to Photo Gallery at uira.shutterfly.com/pictures/160. Now you're on your own.

Senior College: Some Classes Full, Others Open

Senior College which offers courses for all retirees still has openings in several courses, though others are already filled. To get the latest information about courses open and closed, go to Senior College's website: www.iowalum.com/srcollege/. If a course is full, there is a number to call to request being placed on a wait list.

Senior College courses are sponsored by UIRA and the Emeritus Faculty Association with support from the UI Alumni Association.

CIVIC, FIS Offer Volunteer Opportunities with an International Flair

Retirees interested in international opportunities need look no further than CIVIC (**Council for International Visitors to Iowa Cities**) and FIS (**Friends of International Students**).

CIVIC is a non-profit, community-based, member-driven organization that partners with UI's International Programs. The group hosts emerging world leaders—businessmen, diplomats, academics—through programs focused on idea and cultural exchange. Activities include fostering relationships through scheduling professional meetings, arranging home hospitality dinners and planning cultural excursions.

The program works with the U.S. Department of State in hosting participants in the International Visitor Leadership Program (IVLP). For more information about the State IVLP Program, visit eca.state.gov/ivlp. For more information about CIVIC, visit civiconline.wordpress.com/.

FIS, also under the auspices of UI's International Programs, connects American citizens with UI international students. The program focuses on cultural exchange at a personal level. It is a flexible program with no set activities or time commitments.

Once a friend and student are matched, they can decide what they would like to do together. Friends are expected to be in touch with their students at least once a month, and invite them for major holidays and FIS activities. Anyone interested may respond by email to iowa.fis@gmail.com or through the postal service: Friends of International Students (FIS), PO Box 145, Iowa City, IA 52244-0145.

UIRA Welcomes New Members Who Have Joined Since June 2014

Barbara Bennett, Human Resources
Thomas Gaha, Hygenic Lab
Deborah Greene, Pathology
James Hamilton, Safety and Security
Judie Hermsen, Human Resources
Dennis Domsic, Health Affairs
Donna M. Isaacs, Health Information
John F. Isaacs, spouse
James Jetter, Purchasing
Kate Kendall, Environmental Health
Deborah Kratz, Environmental Health
Michael Kratz, Psychiatry

Nicollet Markovetz, Nursing
Jeffrey G. Martin, Sponsored Programs
James Martins, Internal Medicine
Sylvia M. Martins, spouse
Irene Pearson, Athletics
Dottie Persson, UI Libraries
Grace Rempel, Nursing
Diane J. Ruen, University Hospitals
Jane Schildroth, Pomerantz Career Center
Pamela K. Schmid, University Hospitals
Arlys Joy Thompson, Public Health
Carol Watson, Nursing

Preliminary Report on UIRA Survey: ‘What Do You Do, or Have Done, for the UI?’

by Gene Spaziani

First off, Dean Borg is the winner of the \$100 gift certificate, drawn from among the survey participants. Congratulations, Dean!

The number of participants was disappointingly low (22% of total membership) despite the monetary incentive. However, we can say that the results nevertheless appear quite representative; i.e., respondents retired from a wide variety of administrative and academic units (61), and their post-retirement activities vary through a wide spectrum. More women (55%) responded than men (45%). About a third of respondents have not worked with the UI since retirement, but among the rest one’s own former department was predictably popular for volunteering (24%); fourteen percent worked with other units. This kind of volunteerism may have been fostered by the fact that 25% of respondents were provided office space. Participation has been relatively high on committees/councils/advisory boards on campus. Other volunteer work with relatively high activity included teaching and advising at all levels, monetary donations, health care participation, help in athletic events and community outreach. An astonishing variety of activities, especially in kinds of outreach, were entered under “other” as they didn’t fit neatly into the categories of the questionnaire.

The full report will appear on the UIRA web site early in the fall. The results also will be distributed to all administrative units of the University to illustrate the continuing usefulness of retirees to the missions and vitality of the UI.

Dr. Victor Strecher to Keynote Health Program March 30, 2015

Internationally known scholar and author **Dr. Victor Strecher** of the University of Michigan will keynote the UIRA’s annual program dealing with health March 30, 2015.

Dr. Strecher, professor and director for innovation in the University of Michigan School of Public Health, will speak on the topic: “On Purpose: Lessons in Healthy Aging from the Frog and the Dung Beetle,” based in part on his recent book “On Purpose” (Dung Beetle Press, 2013).

His visit is being co-sponsored by the UIRA and the UI College of Public Health.

UIRA Calendar: 2014-15

September 17—Driver Simulation, The National Advanced Driving Simulator, 2401 Oakdale Blvd. You must be registered for either of two sessions: One at 1-2:30 p.m. and another 3-4:30 p.m. Those registered have been notified. The UIRA contact is **Rick Walton** (richard-walton@uiowa.edu; [319] 354-8090).

October 9—Flu/Pneumonia Clinic with optional fitness screening, Noon to 4 p.m., Hills Bank, Coralville (1009 Second St.).

December 31—Deadline for submitting entries in the 2014 Travel Photo Contest.

March 30, 2015—Health Program: “On Purpose: Lessons in Healthy Aging from the Frog and the Dung Beetle,” **Dr. Victor Strecher**, professor and director for innovation, University of Michigan School of Public Health. Details forthcoming.



University of Iowa Retirees Association

Board of Directors 2014-15

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All members of the UIRA Board of Directors and its officers are volunteers. The UIRA is grateful for their commitment and invites others to become active in promoting UIRA's mission. Contact any Board member or officer for more information.