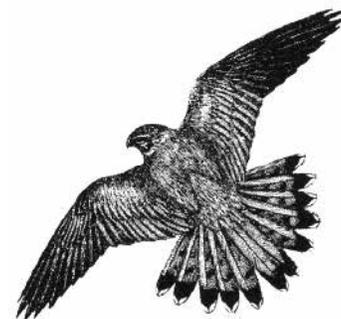


The Gray Hawk

NEWSLETTER OF

THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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Annual Benefits Briefing

Update Set for Thursday, October 29

Presented by Debra Hughes, UI Director of Benefits

Throughout UIRA history the annual benefits briefing is one of the best-attended events each year. It is important to note that while there are no anticipated benefit changes for the 2015-2016 academic year, **Debra Hughes**, director of benefits for UI, will meet with UIRA members at 2 p.m. on Thursday, October 29, at Parkview Church.

Debra will discuss the status of current benefits for retirees and answer questions. As in recent years, the benefits update will be at Parkview Church, 15 Foster Road, off of Dubuque Street. Ample parking and seating are available in the Parkview location. Efforts are being made to videotape this session.



UIRA Calendar Check

September 29-Tuesday--1-2:30 p.m. Estate Planning, Tom Gelman, Coralville Library

~please bring a canned food item for Johnson County Crisis Center~

October 8-Thursday--12 noon to 4 p.m. Flu Clinic at Hills Bank, Coralville

October 29-Thursday—2-4 p.m. UI Benefits Update at Parkview Church

November 17-Tuesday--10 a.m. Tour of Kinze Innovation Center, Williamsburg

**January 31, 2016-Thursday--Third Travel Photography Contest Deadline
and Nominees for UIRA Service Awards Due**

Ever Think of Yourself as a Webmaster?

UIRA Has Just Such an Opportunity

Want to meet nice people? Do something worthwhile? Benefit colleagues? Stay active? Keep fit mentally? Look no further: The UIRA has an opening for webmaster. If you know how to use a computer and a word processor such as MS Word or OpenOffice and have the desire to learn something new, this is a great opportunity to learn how to update and maintain a website. Web page experience is **not** a prerequisite.

The UIRA website, uira.org.uiowa.edu, is hosted by the University of Iowa. It uses the web content system SiteNow, which is built off the Drupal content management system. The SiteNow Home page—<http://sitenow.uiowa.edu/about>—states:

“Simple web-based editing - no special software required

Managing and updating your content is simple and straightforward via a standard web browser and the easy to use WYSIWYG (What-You-See-Is-What-You-Get) interface.”

The current webmaster spends about 2 to 4 hours per month maintaining the site. The webmaster updates the UIRA website as necessary, which includes uploading the monthly newsletters, meeting minutes and agendas; converting various documents to pdf format; adding announcements; removing out-of-date items and making any other changes as deemed necessary by the webmaster.

Support documentation can be viewed at: <http://its.uiowa.edu/sitenow/support> .

Sign up soon

Iowa Agricultural Business Leader Kinze Innovation Center Offers UIRA Unique Tour Opportunity on November 17



Kinze is a leader in developing modern agricultural equipment and this year is celebrating 50 years in business. Forty UIRA members will tour the plant at Williamsburg, Exit 216 on I80 on Tuesday, November 17, at 10 a.m. Since the tour is limited to 40, prompt signup is recommended. A waiting list will be kept after the tour fills and in case openings occur. A limited number of carts are available for people who have trouble walking but people with pacemakers are not allowed.

Please send your request to join the tour to Nancy-Hauserman@uiowa.edu. Be sure to include your name(s), email and phone number.

The new **Kinze** Innovation Center describes nearly 50 years of inspiration, imagination and hard work by one man and generations of dedicated hard-working people (**Kinze** employees, partners, family and friends). These individuals have contributed greatly to the development of modern agricultural equipment to help farmers around the world meet the challenges of crop production and the needs of 7.5 billion consumers worldwide and growing.

Kinze has several policies for tours. In addition to the physical restrictions noted above, the **Kinze** tour will involve a mile of walking and eye and hearing protection will be provided. No video will be allowed but still photos can be taken along the tour. Cell phones must be silenced and no open toed shoes are allowed. **Kinze** has a tobacco free campus. Each participant will be asked to sign a "General Release Form" for the tour.

Have you had YOUR flu shot?

Flu Clinic and Fitness Screening Set for Thursday October 8

Again this year the **Visiting Nurse Association (VNA)** is offering a dedicated flu clinic for UIRA members and fitness screening by **Sure Steps** will be available, too. From 12 noon to 4 p.m., October 8, on the lower level of the Hills Bank in Coralville, **VNA** will provide a flu shot or flu mist and pneumonia shots. There will also be a limited supply of preservative-free vaccine. Ample parking at the 1009 Second Street Coralville location makes this an easy access opportunity. The free fitness screening under the auspices of Johnson County Livable Community will include agility and dynamic balance, leg strength and arm strength.

It's important to bring your insurance cards since the VNA will direct bill Medicare, Medicare Supplement, Medicaid, Blue Cross and other insurance companies. If payment is received at the time of the clinic, costs are: Flu shot \$32-Flu mist \$35-High-dose flu \$45-Pneumonia PPSV23 \$100-Pneumonia PCV13 \$175. If you pay at the clinic, you will receive a receipt to submit to your insurance carrier. If you do not pay at the clinic, a \$3 charge will be added.

Step Up Walkers

New Special Interest Group for UIRA Members Who Walk

Fall is here and with the prospect of an Iowa winter, this new UIRA interest group is a timely addition to the three special interest groups formed last year. **The Gray Hawk Steppers** will meet every Tuesday morning at 9:15 a.m. at the Coralville Coral Ridge Mall and walk around the mall until 10 a.m. when the stores open. Members will walk in small groups and each will set an appropriate pace. At a medium pace, each mall lap takes approximately 15 minutes. Members interested in joining this group should contact Beverly Robalino at beverly-robalino@uiowa.edu. If enough members express interest, walks will begin on October 20.

Last year UIRA formed first three Special Interest Groups. If you have interest in joining one of these groups contact the coordinators:

Cinemafanatics: Rick Walton

richard-walton@uiowa.edu

International Events and Work Politics: Phil Klein

phil-klein@uiowa.edu

Friends of Latin America: Gene Spaziani

sngspaziani@mchsi.com

UIRA Travel Photo Contest

Time to Get Focused



Neighbor's Farm near Highlandville, Iowa

Submitted last year by **George & Alliene Schrimper**

For the third year, UIRA, with support from Hills Bank and Trust Company, is inviting entries to the Travel Photography Contest. Here are key details:

- ◆ Open to current UIRA members
- ◆ No entry fee—three content categories: Iowa, USA Outside Iowa, International
- ◆ Cash prizes with winning entries displayed on UIRA website
- ◆ Entry deadline December 31
- ◆ Judging criteria: Originality, Creativity, Photo-Quality
- ◆ Submit photos to: **uira.photo.contest@gmail.com**

Winning photos from the past two years can be found at the Photo Gallery of the UIRA's website:

<http://uira.org.uiowa.edu/> . Complete contest details are at:

http://uira.org.uiowa.edu/files/uira.org.uiowa.edu/files/wysiwyg_uploads/travel-photo-contest.pdf

Meetings Continue Concerning Possible email Changes

UIRA representatives **Beverly Robalino** and **Nancy Hauserman** met with **Steve Fleagle**, associate vice president and UI chief information officer, September 10 to discuss the status of retirees' use of UI email and aliases. He indicated a decision regarding retirees access to UI email and aliases would likely be made in the next few weeks or month. The final decision rests with the provost and interim vice president of finance.

Two separate issues are involved: (1) retirees being able to continue to use the uiowa email alias (i.e. firstname-lastname@uiowa.edu) as an address and (2) whether retirees can continue to receive that email on the university server or would need to be routed to a different server. **Fleagle** said ISU is shifting away from the policy of allowing retirees continued access to ISU email and that UNI is continuing to allow retirees the use of UNI email. The use of an alias is unique to UI. The technology of ISU and UNI never had alias capability.

Robalino said the UIRA would continue to monitor the situation and keep members informed.

WELCOME

*Members who have recently joined UIRA were welcomed and introduced to the association's activities and programs September 17 at the Coralville Public Library. Former and current UIRA officers, including President **Beverly Robalino** (at right), reviewed the lineup of monthly programs and spoke about the Travel Photo Contest, Senior College and the awards program recognizing members' outstanding contributions to the university and community. New retirees were invited to offer suggestions for future programs and activities.*



A Report by President Robalino

Annual Big Ten Retirees Association Conference Held at MSU

Representatives from 12 universities attended the 2015 Big Ten Retirees Association Conference August 14-16 at Michigan State University (MSU). Retirees' interests addressed included:

- An MSU economics professor spoke about decreased state funding for public higher education—down from 70 % to 20 %. Tuition has risen accordingly.
- “Who’s in Charge of Your Health?” See the new Health Awareness section on page 5 of *The Gray Hawk*.
- An MSU professor of English discussed what motivates retirement. Retirement is a time of celebration, and aging is a work in progress. His credo: “Live as well, not as long.”
- A TIAA/CREF representative discussed aspects of required minimum distribution percentages as required at age 70 ½ for IRA or 403b accounts.

On the conference's final day, each university representative spoke about the “drivers” of their associations and shared information concerning:

- *Membership status* (most associations include faculty and staff members)
- *Membership numbers* (320 members at Indiana up to 5,000 members at Purdue where all retirees automatically become members)
- *Cost of membership* (\$0 at Purdue, Northwestern, and Rutgers; \$10 to \$41 per year for others)
- *Types of programs* (primarily monthly; newsletters distributed from two to ten times per year)
- *Relationship with their institution* (several associations had university staff support for tasks such as mailings and maintenance of membership list).

The 2016 conference will take place August 5-7 at the University of Nebraska-Lincoln.

UIRA Retirees Learn Firsthand About County's Conservation Efforts

A chance to visit the new bird blind—and yes, there was a goldfinch, Iowa's state bird—walk new trails and learn about fall foliage highlighted the UIRA's opening program of the year attended by about 35 UI retirees September 10 at F. W. Kent Park.

As a result of a 2008 voter-approved conservation bond referendum, extensive improvements and expansion of areas in Johnson County have been taking place, Johnson County Conservation Commission Board Director **Larry Gullett** told the attendees. In addition to the \$20-million in bonds, **Gullett** said the Commission has increased those funds through grant programs and donations.



Gullett said the conservation and recreation projects have been undertaken as part of a strategic plan developed from a series of meetings with leaders of environmental and conservation groups and the public. He said the Commission is responsible for 16 areas around the county.

Guiding the conservation and recreation efforts, according to **Gullett**, have been efforts to protect and restore lands, connect to citizens through education and outreach, maintain and improve water quality, develop partnerships and strive for sustainability.

Assisting retirees in identifying birds and exploring the park were **Jim and Karole Fuller**. More information about the Commission's work can be found at its website: http://www.johnson-county.com/dept_conservation.aspx?id=3943

Emphasis on People Like Us

Turning Attention to Health Awareness with New Monthly Feature

The Gray Hawk includes a new section dedicated to health awareness. UIRA has always been involved promoting health and this fall is no exception. Two events directly relate to health—the Flu Shot Clinic on October 8 and the Benefits Seminar on October 29. While medical advice abounds in the media and in this health-oriented community, *The Gray Hawk* will provide information specific to *seniors'* health.

"Who is in Charge of your Health? Who is the CEO?"

This information is from a program presented by **Marilyn Rothert** at the August Big Ten Retirees Conference and shared here by **UIRA President Beverly Robalino**.

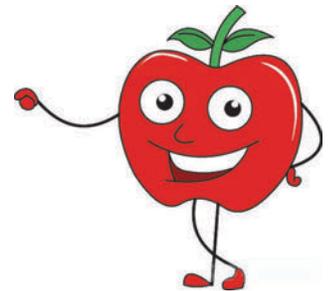
Gain confidence in your role on your health care team

- Health is a process: not a single experience or treatment
- Good health we ignore: health problems we live with every day
- Recognize you are the only one who can contribute unique information that is critical for accurate diagnosis and treatment
- Compare it to hiring a plumber. When you hire a plumber you expect to:
 - *Know the problem and cause
 - *Know the options
 - *Know the cost
 - *Know the time line and process
 - *Know the odds of a positive outcome

Strategies to survive and thrive in the Health Care System

- Take a friend or relative with you as your advocate and second set of ears.
- If you have a list of questions inform the provider at the beginning of the appointment.
- Make sure you understand the plan of care.

(continued on page 6)



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- Don't leave an appointment without understanding what the problem is, what needs to be done and what you need to do.
- If medications are prescribed, make sure you know the name, what it does, side effects, when to take it and how, i.e. with food or not.
- If test or procedure is prescribed, make sure you know what the test is for, what you will experience, preparation needed, and any after effects.
- Make sure all your specialists and providers know your medications, tests and procedures.
- Get and keep the information you get including appointment summary, MRI discs, information on drugs etc. Ask to have results of tests sent to you.
- Keep a list of medications mounted on your refrigerator door because emergency responders typically look for the list at this location.

UIRA HISTORY—Last year, on the occasion of the 20th anniversary of its founding, the UIRA published a history of the association. **Jean Hood**, who served as UIRA president 2010-11, is primary author. She was assisted by **Kenneth Starck** (UIRA president, 2014-15) and student intern **Jennifer Dybicz**. Titled “A History of the UIRA: 1995-2015,” it can be accessed at the UIRA website at

http://uira.org.uiowa.edu/files/uira.org.uiowa.edu/files/wysiwyg_uploads/UIRA-History-1995-2015.pdf .

For Second Year

UIRA Invites Nominations of Members Who Have Made Outstanding Contributions to University, Community

In an awards program initiated last year, the UIRA invites nominations of individuals to be recognized for their outstanding volunteer contributions to the university and the community.

Last year's recipients were **Nancy Lynch** for Outstanding Service to the Community and **Al Hood** for Outstanding Service to the University. Names of award recipients are engraved on plaques hanging in the lobby entrance to the Iowa Memorial Union Main Lounge, and the UIRA contributes \$100 in the names of the honored individuals to the charities of their choice. Here are pertinent details:

Nomination

- * Any UIRA member may nominate a UIRA member, including him/herself.
- * Nominations should consist of a one-page letter describing the nominee's contributions and a one-page biography that includes the nominee's name, address, telephone number and email address.
- * Submit nominations to any UIRA Board member by January 31, 2016.
- * Five UIRA members, two faculty and two staff and the UIRA president make up the Selection Committee.

Eligibility and Criteria

- * A nominee must have been retired for a period of at least two years.
- * The awards are based on outstanding service carried out since retirement.
- * Volunteer service may include a wide range of activities that make a positive impact.
- * Members of the Selection Committee are ineligible for nomination.
- * Announcement of the award recipient will be made at the UIRA annual meeting.
- * Recipients are expected to be present at the annual meeting to accept the award.

Welcome New UIRA Members

Elizabeth (Betsy) Altmaier	Psych and Quant Fdns
Susan Beckett	Engineering
Sharon Booker	Family Medicine
Susan Buckley	Human Resources
Ann M. Coady	Public Health
Jordan Cohen	Pharmacy and VPR
Janet Erickson	CLAS
Ronald L. Ettinger	Prosthodontics (Dentistry)
Sonia Ettinger	Spouse
Adrienne Fangman	Information Technology Services
Jerry Fangman	Internal Medicine
Michael Feiss	Microbiology
Kathryn Gerken	Psych & Quant Fdns
Marcus Haack	Ed Policy and Leadership Studies
Barbara Haack	Spouse
Diana Harris	Engineering Computer Service
Carolyn Howe	Parking and Transportation
Lawrence Huber	Prosthodontics (Dentistry)
Colette Huber	Spouse
Robert Huber	Housing and Dining
Susan Isham	ESL Programs
Bruce C. Justman	Endodontics (Dentistry)
Katherine (Kate) Kasten	CLAS-ESL
Rosemary Kellogg	Nursing
Barbara Khal	Child and Community Health/Peds
George Khal	Spouse
Nancy Lathrop	College of Nursing
Patricia Mason-Browne	CLAS
Christine McLennan	Internal Medicine
Maurita Murphy-Marx	School of Music
Linda Pierce	Financial Aid
Diane M. Poch	Pathology
Rex Pruess	Information Technology Services
Christine Pruess	Information Technology Services
Paul Retish	Education
Shirley Schermer	State Archaeologist
Douglas Schermer	Spouse
Konrad Schulze	Internal Medicine
Joel Wilcox	Academic Advising Center
Michael G. Woodhouse	Printing Center
Debra Sue Woodhouse	Spouse
Mari Whetstine	Dentistry
Ekard Ziegler	Pediatrics



Board of Directors 2015-16 (*year term on Board expires*)

Beverly Robalino	President (2017)
(319) 341-8135	beverly-robalino@uiowa.edu
Nancy Hauserman	President-Elect (2018)
(319) 321-9815	nancy-hauserman@uiowa.edu
Alice Atkinson	Secretary (2017)
Kris Canfield	Treasurer (2016)
Kenneth Starck	Past President (2016)
Jean Hood	Archivist
Linda Muston	<i>Gray Hawk</i> Editor
Michael Barron	Director (2018)
Dean Borg	Director (2018)
Richard Borchard	Director (2017)
Richard Johns	Director (2016)
Lois Lembke	Director (2016)
Pam Willard	Director (2017)

***The Gray Hawk* Editor**

The UIRA board welcomed **Linda Muston** as editor of *The Gray Hawk* last month. **Linda** and her husband **Ray** have been associated with UI since 1970. She has bachelors (political science and journalism) and MBA degrees from UI. As a 26-year communications professional, she has held administrative positions at Mercy Iowa City and Mary Greeley Medical Center in Ames. She has written for newspapers and free-lance publications and is committed to civic and volunteer activity. The **Mustons** have been active in the UIRA for more than 10 years. She replaces **Ken Starck** who has been editing the newsletter and continues in an advisory role.

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—October 13, November 10, December 8

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