

The Gray Hawk

NEWSLETTER OF
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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UIRA Calendar

January 21, 2016—Thursday, 4-5 p.m. Reception for UI President Bruce Harreld at the Coralville Library

UIRA members are invited to a reception in the E.Jean Schwab Auditorium at the Coralville Library. This is an opportunity to meet the University of Iowa's 21st president. President Harreld has been invited to make a few remarks. Refreshments will be served, and free parking is available at the library to accommodate all members attending.



January 28, 2016—Thursday, 2-3:30 p.m., The Virtual Soldier Program, Iowa Memorial Union Theatre Room, Main Floor (see page 2)

January 31, 2016—Sunday, Deadline for Third Travel Photo Contest (see page 3)

February 26, 2016—Friday, 2-3:30 p.m., Iowa Political Stock Market (see page 2)

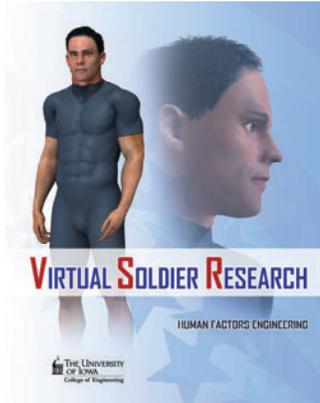
February 29, 2016—Monday, New Deadline for UIRA Service Award Nominations

April 21, 2016—Thursday, UIRA Annual Meeting, Holiday Inn Coralville

It's Not Star Wars But It's Exciting

The Virtual Soldier Program Presentation Launches New Year Giving UIRA Members a Look into The Future

Professor Karim Abdel-Malek of the UI College of Engineering will introduce UIRA members to the Virtual Soldier Research Program (VSR) on Thursday, January 28, 2-3:30 p.m. in the Iowa Memorial Union Theatre Room. Parking is available in the IMU Lot.



The VSR is an independent research group within the Center for Computer Aided Design in the College of Engineering at the University of Iowa. The research is aimed at creating interactive, intelligent and predictive human models that operate in virtual, physics-based environments.

The program will introduce Santos™, a virtual human who stands at the center of the digital human modeling and simulation research. The high fidelity, biomechanically accurate musculoskeletal model was developed from the inside out by the UI team of biomedical engineers and incorporates 215 degrees of freedom, including the hand, feet and eyes. The dimensions of the skeleton are mutable, able to represent any anthropometric cross section.

Everything You Always Wanted to Know

Iowa Political Stock Market to Warm Up February Chill

UIRA members will gain an understanding of the renowned Iowa Political Stock Market. On Friday, February 26, 2-3 p.m, **Professor Joyce Berg** will make a special presentation for UIRA. The meeting is tentatively to be held in W401 of the College of Business. Signs will direct members to the presentation. Parking will be available in the IMU lot with exit to the Cleary Walkway on Floor 4. With the caucuses completed and the conventions and election fever growing, this program promises to be a timely opportunity for an inside look at the highly respected Iowa Political Stock Market.

Just a little UIRA memo....

⌘ The deadline for the UIRA Service awards has been extended to February 29. Nomination forms are on the UIRA website and full details of the award qualifications were presented in the December issue of The Gray Hawk.

<http://uira.org.uiowa.edu/>

⌘ Exciting spring programs in the works include a tour of a new UI athletic facility and a nature program as well as the April 21 Annual Meeting.

⌘ The UIRA Board is interested in creating a Facebook presence. If you are willing to help, please contact Webmaster Phil Klein

phil-klein@uiowa.edu

Deadline for UIRA's Third Annual Photo Contest Approaches



"Snowy Miscanthus" by Larry Rettig
Entry Last Year in Iowa category

There's still time to enter the UIRA's Travel Photo Contest. The deadline is January 31, 2016.

Photos should be emailed to: uira.photo.contest@gmail.com.

Photos can be submitted in any one of three categories: Iowa, US outside Iowa and International. The maximum number of entries that can be entered in any one category is three. Complete contest details; <http://uira.org.uiowa.edu/> and select **Photo Gallery**.

Winning photos from the last two years can be found at UIRA's "Photo Gallery:" <https://uira.shutterfly.com/pictures>.

Health Awareness

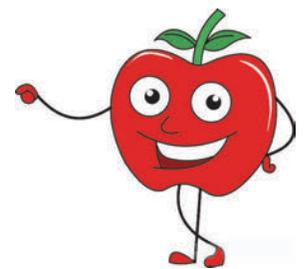
Focus on The Changing and Aging Brain

Brain health refers to the ability to remember, learn, plan, concentrate and maintain a clear active mind.

The only constant about your brain is that it is always changing. Even after your brain reaches maturity, it's still changing. As we age our experiences and knowledge keep our brains working, developing and learning.

Did you know your brain weighs approximately three pounds? The brain is the most mysterious and complicated organ. From birth to age ten our brains reach 90% of their adult size. By age five cells become better at communicating with each other. Fast forward to ages 60 to 70, and knowledge, experience, reasoning, creativity and problem solving remain strong. Cognitive processing speed may take longer as parts of the brain may be shrinking. From age 70 and beyond many individuals' reasoning, creativity, language and procedural memories remain sharp. For some, genetics, lifestyle and health issues will begin to show noticeable effects.

The brain is like a muscle. When it's in use, we feel good. Turns out the things you do to keep your body healthy may be good for your brain. *(Continued on page 4)*



(Health Awareness—Continued from page 3)

- Daily walks, playing with the grandkids, it doesn't matter what physical activities as long as you're getting your heart pumping for 30 minutes most days. 150 minutes of physical activity per week is recommended.
- Drink moderately if at all. Alcohol can slow or impair communication among your brain cells.
- Get 7 to 8 hours of sleep each day.
- Eat lots of veggies and fruits like strawberries, blueberries and broccoli. Start with an extra serving of fruit and vegetable each day.
- Stay connected with family and friends. Invite them over for a meal or just to visit. Seek out volunteer opportunities or attend a class at the Senior Center.
- Learn new things to engage your brain.
- Talk to your doctor at your next appointment about any questions or concerns. Ask if your medications have any side effects on your thinking and the way the brain works.

(Information from <http://brainhealth.gov> and eldercare.gov.)

WELCOME NEW MEMBERS

Lorraine Bowans	Ortho – UIHC
Judy Brown	Information Technology Services
Robert O. Glasgow	School of Art & Art History
Catherine F. Clader (spouse)	School of Art & Art History
Ronald Hillis	Academic Advising Center
Shirley Hoepfner	Nursing
Emil Rinderspacher	Admission/Provost
Susan Goodner	Spouse



University of Iowa Retirees Association

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 (ex-officio)
Linda Muston	<i>The Gray Hawk</i> Editor
Phil Klein	Webmaster (ex-officio)
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 UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month in the Buffet Room (427) of the Levitt Center. Visitors are welcome: 2016—January 12, February 9, March 8, April 12, May 10, June 14