

# *The Gray Hawk*

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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## *UIRA Calendar*

**September 15, 2016—Thursday, 1-2:30 p.m. Margit Henderson, Retirement Program, E. Jean Schwab Auditorium, Coralville Library (See page 2)**

**October 8, 2016—Saturday, Tour of the Voxman Music Building (Complete details in October issue of *The Gray Hawk*)**

**October 12, 2016—Wednesday, 12-3:00 p.m., Flu Clinic, Hills Bank, Coralville**



### **A Message from UIRA 2016-2017 President Nancy Hauserman**

*It is my great pleasure and privilege to assume the role of President of the University of Iowa Retirees Association. As some of you know, I was a Professor in the Tippie College of Business for almost four decades and retired two years ago. I was fortunate enough (a term that may be more meaningful in hindsight☺) to hold several administrative positions at the University and to be a part of a great many committees. All of these opportunities provided me with a broad overview of the University and, more importantly, introduced me to a great many people at the University. I came to understand and deeply appreciate the roles that staff and faculty played at the University – how the success of the University community depended on ALL of us. As a retiree, to have an opportunity to continue to work with faculty and staff from the University is an honor and a wonderful challenge – a challenge because I want to do what I can to insure that our retirement years are enhanced by our relationship with the University and with each other.*

*Please do not hesitate to contact me if you have ideas or suggestions for what UIRA might do for you and other retirees. I don't have any official status with the University so I can't promise any great outcomes but I am sincerely interested in knowing what is on your mind as a retiree and what UIRA can do to further the possibility of the great retirement we have all earned☺ And of course I am interested in how UIRA can help the University remain a great University. I look forward to hearing from you and to working on your behalf and I hope to see you at the great programs that Mike Barron, Program Chair, has scheduled for the 2016-17 year.*

**Nancy Hauserman**  
**UIRA President**

[nancy-hauserman@uiowa.edu](mailto:nancy-hauserman@uiowa.edu)

**“Optimistic Aging” Reservations Requested**

**UIRA Year Begins with Presentation by Margit Cox Henderson, Author to Discuss Retirement as an Adventure**

A national expert will help the UIRA kick-off the 2016-2017 year at 1 p.m. on Thursday, September 15, 2016, at the Coralville Library E. Jean Schwab Auditorium. “Optimistic Aging: Staying on Course for Your Retirement Adventure” will be presented by **Margit Cox Henderson**. The non-financial aspects of retirement and what can be done to age well mentally, physically, socially and emotionally will be presented. The program promises to help attendees learn how to be at their best in retirement. Please RSVP to Michael Barron, [Michael-barron@uiowa.edu](mailto:Michael-barron@uiowa.edu) if you plan to attend.



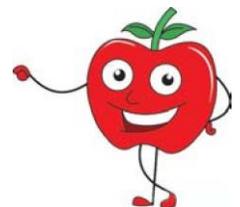
Margit’s professional training includes a Ph.D. and M.A. in Clinical Psychology from Loyola University in Chicago. Her B.S. in Psychology is from Northwestern. Early in her career she conducted extensive research, published numerous research papers and taught undergraduate psychology courses. As a therapist, Margit has worked in community mental health agencies and student counseling centers before starting her private practice in 2000. She published her first book, *Optimistic Aging*, in 2014. She has been a speaker throughout her career: on faculty at Loyola, as a trainer of clinicians, group facilitator for clients and conference speaker.

**UIRA PROGRAMS FOR 2016-2017 are being planned by Michael Barron, president-elect. In addition to the September Optimistic Aging Program, October Tour of Voxman Music Building and October Flu Clinic, a new member reception, a UI Benefits Update and meeting with President Bruce Harreld are being planned. UIRA has an exciting year ahead!**

**Health Awareness**

**Are You Protected?**

Public health officials struggle to persuade older Americans to get vaccinations for the flu, shingles, pneumonia and tetanus. According to the Kaiser Health News, a nonprofit news service, one in three seniors skip the flu vaccine, three out of four Americans over 60 don’t get the shingles vaccine, four in 10 seniors are not vaccinated for pneumonia and nearly half of seniors are not immunized for tetanus.



The flu vaccine is recommended annually. Even though the flu vaccine doesn’t prevent flu every time, it often helps to ensure a milder case. The vaccination for pneumonia is recommended for people 65 and older. Both flu and pneumonia shots are available at UIRA’s flu clinic. The 2016 clinic will be held at Hills Bank in Coralville on October 12 from 12 noon to 3:00 p.m. (See details on page 3.) UIRA’s clinic will also have a free mini-fitness screening this year. Agility, balance, and leg strength will be tested. The screening only takes about 5 minutes; it’s free; past screening results will be available for comparison purposes. Wear low-heeled shoes and comfortable clothes.

Shingles is caused by the body’s reactivation of the same virus that causes chickenpox. The virus causes rashes over the face and body and stinging pain that can last for weeks or months. The shingles vaccine requires a prescription from your physician and is for those who have not previously had shingles. Because the vaccine has a limited shelf life and is not always available in the doctor’s office, many patients fill the prescription at the pharmacy. The vaccine is recommended once regardless of whether a person has or has not had the chickenpox. A tetanus shot is recommended once every 10 years to prevent a rare but often deadly bacterial condition known as lockjaw. Physicians and public health officials recommend these vaccinations!

### Annual Flu/Pneumonia Shot Clinic and Fitness Assessment

## **Dedicated Clinic for UIRA Members Conducted by VNA Set for October 12 at Coralville Hills Bank**



Circle Wednesday October 12 on your calendar for the flu shot clinic conducted by **Visiting Nurses Association (VNA)** from 12 noon to 3 p.m. It will again be held in the Coralville Hills Bank on the lower level, 1009 Second Street where there is ample parking. There will be specific directions and instructions in the October issue of *The Gray Hawk*. Again this year the Sure Steps Group will be offering Senior Fitness Screenings during the flu vaccine clinic. Please note that the clinic will include flu shots, flu mist, pneumonia shot and high-dose flu shot. At left, UIRA member Warren Boe is pictured at the 2015 clinic.

### Introducing UIRA Special Interest Groups

## **Here Are **Two** Opportunities to Pursue Specific Areas with UIRA Members**

**International Events and World Politics** is the topic of a special interest group coordinated by **Phil Klein**. The group meets the second Thursday of each month from 1:30 to 3:30 at the Hills Bank, Muscatine Avenue branch. Turn left just inside the door! Anyone interested in international news is welcome to attend. If you have questions, please contact **Phil Klein** [phil-klein@uiowa.edu](mailto:phil-klein@uiowa.edu)

**The Gray Hawk Steppers** meet every Tuesday morning at 9:15 at the Coral Ridge Mall and walk around the mall at a medium pace until the Mall opens at 10 a.m. The first planned walk will be Tuesday, October 4. If you are interested in joining, contact the leader Beverly Robalino at [beverly-robalino@uiowa.edu](mailto:beverly-robalino@uiowa.edu)

## **Here are **Three** Opportunities for Community Special Interests**

~~An **informal discussion on a variety of sports topics** at the Senior Center begins the week of the Hawkeyes' first football game and continues into the college basketball postseason. **Marc Morehouse** of The Gazette will be the first speaker at 9 a.m. on Monday, August 29. The one-hour sessions are held at 9 a.m. on Mondays except when the center is closed for holidays. In the fall sports season, sessions will be in the Assembly Room except the second September 12 session which will be on the Mezzanine. The sessions are intergenerational, free and open to the public. For more information, call **Jim Ridenour** at 319-351-5731.

~~~**The Conversation: A Revolutionary Plan for End-of-Life Care** featuring Keynote Speaker: Angelo Volandes, MD, MPH; Co-Founder/President ACP Decisions, Physician, Researcher, and Author will be Tuesday, October 4, 2016, 6:30-7:30 p.m. at the Coralville Center for Performing Arts. Registration is required. For information contact [jane.dohrmann@iowacityhospice.org](mailto:jane.dohrmann@iowacityhospice.org) or Judy Frits at (319) 688-4213).

~~~ Interested in learning **Pickleball**--mini version of tennis played on a badminton-size court? It may have a funny name, but it is a serious sport! It is fast-paced and easy to learn, great exercise and lots of fun! It is easier than tennis and the rallies usually last longer. There are over 150 players in Johnson County, and most are in their 50s, 60s, and 70s. Paddles and balls will be supplied. Wear appropriate clothing and shoes to run around on a gym floor. Information about pickleball including videos of play are available on the USA Pickleball Association website: [www.usapa.org](http://www.usapa.org). There is no fee but registration is required. Limited to 9 students per session. Call the Senior Center to register (319) 356-5220

Session 1: Tuesday, 9-11 a.m. in the Robert A. Lee Recreation Center gym 9/20, 9/27, 10/4

Session 2: Tuesday, 9-11 a.m. in the Robert A. Lee Recreation Center gym 11/1, 11/8, 11/15

## UIRA Scholarship BIG News

To date the fund has \$10,595—\$5,595 from individuals and \$5,000 from UIRA.

An anonymous donor has pledged \$10,000 as a challenge grant. The donor will match, dollar for dollar, all donations towards the scholarship between now and December 31, 2016. So if you give \$100, the donor will give another \$100. If you give \$1000, the donor will give \$1000. This is a wonderful opportunity to make your donation stretch further – effectively your gift will be doubled. Please consider giving to the scholarship fund NOW to qualify for the 1:1 match.



*Did you know that comparative data related to the Consumer Price Index (CPI) show that from 2003 to 2013 college tuition has increased 79.3%? The CPI increased 26.7% in that same time period. The Pew Charitable Trust has published data that shows the average student debt adjusted for inflation has increased nearly three times in the last ten years.*

With these trends in mind UIRA took action to help reduce this burden for some University of Iowa undergraduate students. In the spring of this year, UIRA created a scholarship for an undergraduate student. The fund will award scholarships to students with sophomore, junior or senior status who are in good academic standing. Again, this was done to fill a need by helping undergraduate students at the University of Iowa, especially students from Iowa, pay their college tuition.

It's easy to support this worthy endeavor using the link below or mail a check to the University of Iowa Foundation at P.O. Box 4550, Iowa City, Iowa 52244-4550. Please note that the donation is for the UIRA Scholarship Fund.

~~~USE THIS DIRECT LINK TO MAKE YOUR DONATION TODAY~~~

<https://www.givetoioowa.org/GiveToIowa/WebObjects/GiveToIowa.woa/wa/goTo?area=uira>

Simply enter your intended gift amount on the right; then click on **Check Out** to process your contribution.

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### September 2016 Emeritus Faculty Lecture Series

Everyone is welcome to attend the lectures scheduled for 4 p.m. on indicated dates--tentatively scheduled for room 101 Biology Building East. October 27 (Arthur Bonfield) and November 10 (Miriam Gilbert) lectures will be featured in the October issue of *The Gray Hawk*.

Sept. 8

*David Soll*

Department of Biology

**How do Tumors Form and How Do You Stop Them**

Sept. 20

*Michael Lewis-Beck*

Department of Political Science

**The Political Economy Model: 2016 U.S. Election Forecast**

## *Summary of Summer UIRA Communications*

Here is a summary of information from **President Nancy Hauserman** during the summer!

~~~The life of **Eugene Spaziani** was remembered following his June passing. The 2016 recipient of the UIRA Outstanding Volunteer Service to the University recognition was a Professor Emeritus of Biology and Exercise Science. He served on the UIRA Board for five years and made significant contributions to the organization revising the membership enrollment and tracking process, carrying out membership surveys and chairing the nomination committee. His contributions to the community and the University were also recognized and celebrated as a model for all.

~~~A draft of the **University of Iowa Strategic Plan 2016-21** has been posted on the Office of the Provost's website, <https://provost.uiowa.edu/strategic-plan-2016-2021>. The Strategic Plan Development Group (SPDG) posted the draft plan to provide the University community an opportunity to comment on it. Appropriate edits will be made based on those comments before the final version is submitted to Vice President for Student Life Tom Rocklin and Provost P. Barry Butler on October 1. Several open forums are scheduled for those who wish to engage in conversation about the draft plan. The dates are below. In addition, there is a feedback form, <https://provost.uiowa.edu/strategic-plan-feedback-form>, for individuals who cannot attend the open forums. Finally, the SPDG co-chairs, Sarah Hansen, assistant vice president in the Division of Student Life, and David Cuning, associate professor and chair of the Department of Philosophy, are available to meet with groups that want to schedule separate meetings. Dates and locations of open forums:

\* Wednesday, August 31, 4:30-6:00 p.m., 2520DUCC

\* Friday, September 2, 11:30 a.m.-1:30 p.m., Melrose Conference Center (5th Floor PFP)

\* Tuesday, September 6, 1:00-3:00 p.m., Illinois Room (348 IMU) \* Thursday, September 8, 11:00 a.m. - 1:00 p.m., 2520DUCC

~~~**Senior College** fall registration is underway. Here is the link in case there is still an opening in an interesting course: <https://www.iowalum.com/srcollege/>

~~ A growing body of research suggests that reading proficiency by third grade is one of the most powerful predictors of future academic and career success. Many children in the community do not have access to books at home or do not have the opportunity to benefit from reading a book with a caring adult. United Way is seeking volunteers to become **Reading Buddies**, a program that matches volunteers with young student readers to help develop language and literacy skills and support them becoming lifelong readers. There is also a need for volunteer groups to assemble Literacy Kits. The kits are comprised of a children's book and an activity designed to make reading interactive. The kits will be utilized with **Reading Buddies** and distributed to kids through schools and service agencies. For more information, please contact Patti Fields at 319-338-7823 or [patti.fields@unitedwayjwc.org](mailto:patti.fields@unitedwayjwc.org).



Welcome New UIRA Members

|                           |                              |
|---------------------------|------------------------------|
| Dianne Atkins             | Pediatric Cardiology         |
| Thomas Baird              | Facilities Management        |
| John A. (Andy) Bertolatus | Spouse                       |
| Connie Bingham            | College of Dentistry         |
| Richard Bingham           | ITS                          |
| John Forys                | UI Libraries                 |
| Marsha Forys              | UI Libraries                 |
| Danny T. Foster           | Health and Human Physiology  |
| Paul Greenough            | CLAS                         |
| Adrienne Drapkin          | UIHC                         |
| Ellyn Harris-Hesli        | UIHC Nursing Pediatrics      |
| Ellen Herman              | College of Education         |
| Gary H. Kinsinger         | UIHC                         |
| Sally J. Knipfer          | Internal Medicine            |
| Diana Leventry            | Human Resources              |
| Jenny Li-Chun Lin         | Biology                      |
| Viana Rockel              | Tippie College/Finance       |
| Bonnie Rubin              | State Hygienic Lab           |
| Larry E. Steele           | UI Facilities and Management |
| Terry Lee Thein           | Guest Services               |
| Billie Townsend           | Biostatistics                |
| Orville Townsend, Sr.     | Spouse                       |

**Membership Dues Reminder...**

**If you received an email notice that your membership was due for renewal and you have *not* done so, please do so at your earliest convenience. If you have questions or are in doubt about your status, please contact Lois Lembke, membership chair, at [lois-](mailto:lois-lemcke@uiowa.edu)**

**[lemcke@uiowa.edu](mailto:lois-lemcke@uiowa.edu)**

**A copy of the membership form is page 8 of this newsletter**

**or you can get it on the UIRA website:**

**[https://uira.org.uiowa.edu/sites/uira.org.uiowa.edu/files/wysiwyg\\_uploads/UIRA%20membership%20form%202016-17.pdf](https://uira.org.uiowa.edu/sites/uira.org.uiowa.edu/files/wysiwyg_uploads/UIRA%20membership%20form%202016-17.pdf)**



University of Iowa Retirees Association

**Board of Directors 2016-17** (*year term on Board expires*)

|                         |                             |
|-------------------------|-----------------------------|
| <b>Nancy Hauserman</b>  | President (2018)            |
| (319) 321-9815          | nancy-hauserman@uiowa.edu   |
| <b>Michael Barron</b>   | President-elect (2019)      |
| (319) 338-3443          | michael-barron@uiowa.edu    |
| <b>Alice Atkinson</b>   | Secretary (2017)            |
| <b>Kris Canfield</b>    | Treasurer (2019)            |
| <b>Beverly Robalino</b> | Past President (2017)       |
| <b>Jean Hood</b>        | Archivist (ex-officio)      |
| <b>Linda Muston</b>     | <i>The Gray Hawk</i> Editor |
| <b>Phil Klein</b>       | Webmaster (ex-officio)      |
| <b>Charles Dayton</b>   | Director (2019)             |
| <b>Dean Borg</b>        | Director (2018)             |
| <b>Richard Borchard</b> | Director (2017)             |
| <b>Richard Saunders</b> | Director (2019)             |
| <b>Lois Lembke</b>      | Director (2019)             |
| <b>Pam Willard</b>      | Director (2017)             |

*The UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month (except July and August) in the Buffet Room (427) of the Levitt Center.*

*Visitors are welcome: 2016—September 13, October 11, November 8, December 13. 2017—January 10, February 14, March 14, April 11, May 9, June 13.*

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*A SPECIAL OPPORTUNITY FOR HEARING AID USERS*

Hearing aid users are invited for a study investigating how speech understanding is affected by the presence of background noise when using hearing aids. To be a good match for the study you must be a native English-speaking adult between the ages of 21 and 79 with mild to moderate hearing loss and use your hearing aids in both ears at least 7 hours per week.

The study involves 2 research visits lasting 2.5 to 3 hours each where you would complete several listening tests and paper and pencil questionnaires. We would also run tests and make recordings from your hearing aids. You will receive compensation of \$15 per hour to thank you for your time.

If you are interested in participating or have questions, please contact:

Elizabeth Stangl, Au.D.

Department of Communication Sciences and Disorders

Phone: (319) 335-9758

email: [uiowa-hal@uiowa.edu](mailto:uiowa-hal@uiowa.edu)



**Membership Form – July 1, 2016, to June 30, 2017**  
**Please Print or Type Everything**

**Membership Dues** – If this form is processed in April, May or June, membership will cover the next academic year.

\_\_\$0\_\_ **New Membership is FREE for First Year**

\_\_\_\_\_ **RENEWAL: \$ 10 Per Person for 1 Year**

\_\_\_\_\_ **RENEWAL: \$ 25 Per Person for 3 Years**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**E-Mail Address** \_\_\_\_\_

(Used for e-mail delivery of UIRA messages and *The Gray Hawk* newsletter)

**Telephone** \_\_\_\_\_

**If this is a new membership, please complete the following:**

Retiree Status: Faculty \_\_\_\_\_; Staff \_\_\_\_\_; Spouse/Domestic Partner \_\_\_\_\_; Associate Member \_\_\_\_\_

UI Department or Division from which you retired \_\_\_\_\_

**Complete the following for a second person's membership**

**Name** \_\_\_\_\_

**E-Mail Address** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**If this is a new membership, please complete the following:**

Retiree Status: Faculty \_\_\_\_\_; Staff \_\_\_\_\_; Spouse/Domestic Partner \_\_\_\_\_; Associate Member \_\_\_\_\_

UI Department or Division from which you retired (if applicable) \_\_\_\_\_

Send completed form and checks, payable to the **University of Iowa Retirees Association**, to:

**UIRA**

**PO Box 1952**

**Iowa City, Iowa 52244-1952**

Questions: see website at <http://uira.org.uiowa.edu/>