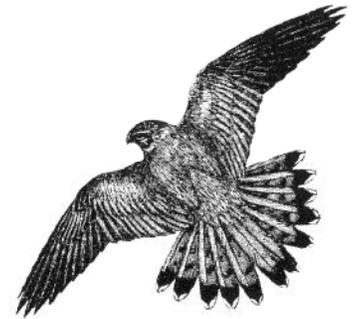


The Gray Hawk

NEWSLETTER OF
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



Volume XX, Issue 2 (four pages) • <http://uira.org.uiowa.edu/> • October 2016

UIRA Calendar

October 8, 2016—Saturday, Voxman Music Building Tour (See Below)

**October 13, 2016—Thursday, 12-3:00 p.m., Flu Clinic, Hills Bank, Coralville
(Details and date change note on page 2)**

**November 10, 2016—Thursday, 2 p.m., UI Benefits Meeting at Parkview
Church, 15 Foster Road**

**December 14, 2016—Wednesday, 2 p.m., President Bruce Harreld First Year
Retrospective**

Special UIRA Invitation

Two Tour Opportunities at Voxman Music Building;

Reservations Requested for 2:30 or 3:30 p.m. on Saturday, October 8

UIRA members are invited to a special presentation by School of Music Director **David Gier** and tour of the new Voxman Music Building at the corner of Burlington and Clinton Streets in downtown Iowa City. Please sign up for a one hour tour at 2:30 or 3:30 p.m. Registration is required and each tour is limited to 80.

Email michael-barron@uiowa.edu or call 319-338-3443 and leave a message and specify the time you will attend. Parking is available in Iowa City ramps. The closest is the Capitol Street Ramp attached to the Old Capitol Town Center directly across the from Voxman or the Court Street Transportation Center Ramp one block away at Court and S. Dubuque St. The first hour of parking is free in city ramps.



From the UI Music School website: The new Voxman Music Building represents an incredible and unwavering commitment to music on the part of alumni, donors, faculty, students, and staff at the University of Iowa. The inaugural year will be filled with events designed to celebrate the past, present and future of this amazing school. It's hard to find a School of Music that delivers so many opportunities all within an undeniably individualized and inspirational setting. The University of Iowa School of Music's revolutionary new facilities and rich legacy of programs will put students and patrons at the center of dynamic and career-changing academic, performance, and leadership opportunities. <https://music.uiowa.edu/about>

UIRA Dedicated Flu Clinic

Note New Date—Thursday, October 13, for Annual VNA Flu Clinic



October 13, Thursday, is the NEW date for the flu vaccination clinic conducted by **Visiting Nurse Association (VNA)** from 12 noon to 3 p.m. It will be held in the Coralville Hills Bank on the lower level, 1009 Second Street where there is ample parking. Again this year the Sure Steps group will be offering Senior Fitness Screenings during the flu vaccination clinic. Please note that the clinic will include flu vaccine and high-dose flu vaccine. Pneumonia vaccine will be available upon prior request. Please call the VNA office at 319-337-9686 X1155 to reserve your pneumonia vaccine and have it brought to the clinic.

It is important that you bring your insurance cards with you. VNA will direct bill Medicare, Medicare Supplement, Wellmark and other insurance companies for you. If cash payment is received at the time of the clinic, costs are: Flu shot \$33—High Dose Flu Shot--\$49—Pneumonia PPSV23 \$110—PCV13 \$185.

The mini-fitness screening will include agility, balance and leg strength. The screening only takes about five minutes; past screening results will be available for comparison purposes. Wear low heeled and comfortable shoes to take part in this screening.



A Message from UIRA 2016-2017 President Nancy Hauserman

Happy Fall everybody! We have some interesting programs coming up this fall – some interesting inside looks at some places on campus and some valuable information about our various UI benefits going forward. In September, speaker Margit Henderson gave us some good ideas about keeping our wonderful but aging brains active using what we already know but may not remember, e.g., reread books you read in childhood as well as learning new things, e.g., musical instruments, pickle ball (look it up!), or a new language.

It is my intention to have a survey ready to send to you asking what kind of programs or events most interest you. I will also be asking what kinds of things you would like to see UIRA doing in the future and what would be of interest and use to you.

Finally, we continue to fundraise for the UIRA scholarship. Beverly Robalino and I had a fruitful discussion with the University of Iowa Foundation folks this week. We talked about the ways that the Foundation could help us with this fundraising venture so that we can more quickly reach our goal and award our scholarship to an undergraduate student from Iowa who is attending the University of Iowa! Don't forget we still have a \$10,000 challenge on the table – our dollars will be matched up to \$10,000 by a generous donor. What a perfect way to celebrate our careers by giving back in a way that helps an undergraduate along her or his path to success.

As always, please feel free to contact me with any ideas or questions or anything UIRA!

Nancy Hauserman
UIRA President

nancy-hauserman@uiowa.edu

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

<http://givetoioa.org/uira>

~~~~Remember...there is a matching gift that will double your dollars~~~~

Upcoming Open Houses

The Visual Arts Building, another new flood building located adjacent to Art Building West, is having an open house on Friday, October 7 from 3 to 5 p.m. with a program at 3:30. The building is lovely and it is a good chance to visit it. There is limited metered parking available behind the building but quite a bit of metered parking available near the Theatre Building more or less across the street.

University of Iowa Stead Family Children's Hospital will open in December but everyone is invited to attend a Community Open House on Saturday and Sunday, November 5 and 6, from 11 a.m. to 6 p.m. each day. There will be guided tours and light refreshments. More information at <http://ournewhospital.com>.

Health Awareness

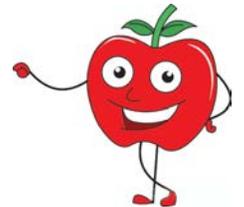
Hydrate, Hydrate, Hydrate

Dehydration is when there isn't enough water to replace what's lost from your body throughout the day. Amazingly, thirst is not always a reliable gauge of the body's need for water. According to a Mayo Clinic website, as you age you can become more susceptible to dehydration. Your thirst sense becomes less acute as you age, the body's ability to conserve water is reduced and seniors are less able to respond to changes in temperature.

Having uncontrolled or untreated diabetes puts you at high risk of dehydration. Some chronic illnesses, such as kidney disease and heart failure also make you more likely to become dehydrated.

Some symptoms of mild to moderate dehydration are a dry, sticky mouth, thirst, dry skin, headache, constipation and lightheadedness. It can be treated by drinking more fluids such as water. For severe dehydration seek medical assistance immediately.

Water can help to suppress hunger and to burn fat. When your kidneys are taxed from too little water, your liver takes over and your liver is your number one fat-burning organ. Best to have your liver helping to burn fat than processing liquids that should be the job of your kidneys. A good indicator of hydration is the color of your urine. Clear or light colored urine means you're well hydrated whereas a dark yellow or amber color usually signals dehydration.



UIRA Special Interest Groups

It's Never Too Late to Join Colleagues Sharing Interests

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 the group, contact the leader Beverly Robalino at beverly-robalino@uiowa.edu

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

Emeritus Faculty Lecture Series for October

The Why, How, and What of 60 Years of Rare Book Collecting

Arthur Bonfield, College of Law

Thursday, Oct. 20, 2016 from 4-5 pm ~~~~ 101 Biology Building East

Welcome New UIRA Members

| | |
|------------------------|------------------------------|
| Thomas Baird | Facilities Management |
| John Bertolatus | Internal Medicine |
| Byron Bork | Phys Therapy & Rehab Science |
| Franklin J. Burris | Radiology Engineering |
| Ann Dudler | Graduate College |
| Judith Liskin-Gasparro | Spanish and Portuguese |
| Mary Mathews Wilson | UI Civic Engagement Program |
| Robert G. Robinson | Psychiatry |



University of Iowa Retirees Association

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

| | |
|-------------------------|-----------------------------|
| Nancy Hauserman | President (2018) |
| (319) 321-9815 | nancy-hauserman@uiowa.edu |
| Michael Barron | President-elect (2019) |
| (319) 338-3443 | michael-barron@uiowa.edu |
| Alice Atkinson | Secretary (2017) |
| Kris Canfield | Treasurer (2019) |
| Beverly Robalino | Past President (2017) |
| Jean Hood | Archivist (ex-officio) |
| Linda Muston | <i>The Gray Hawk</i> Editor |
| Phil Klein | Webmaster (ex-officio) |
| Charles Dayton | Director (2019) |
| Dean Borg | Director (2018) |
| Richard Borchard | Director (2017) |
| Richard Saunders | Director (2019) |
| Lois Lembke | Director (2019) |
| Pam Willard | 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— October 11, November 8, December 13. 2017—January 10, February 14, March 14, April 11, May 9, June 13.

~~UIRA ANNUAL PICNIC -Wednesday, June 7, 2017~~