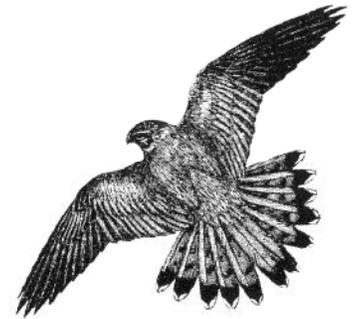


# *The Gray Hawk*

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



Volume XX, Issue 3 (eight pages) • <http://uira.org.uiowa.edu/> • November 2016

## *UIRA Calendar*

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

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

### **A Message from UIRA President Nancy Hauserman**

It's hard for me to grasp that I am writing this for the **November** newsletter – even as I watch the leaves turn (magnificent) and know I have to rake leaves (less magnificent), I am always surprised by the arrival of fall. Or maybe I am resisting the early sensations of cold in the bones that comes with winter. But here we are – fall! UIRA has begun our fall programming with more to come (see inside this newsletter and our website). And it is a grand time to be outside walking on the many fine paths and trails within and outside of Iowa City. If you aren't familiar with the trails and walks there are several sites on line including <http://www.alltrails.com/us/iowa/iowa-city> (type in Iowa City at main site) and <https://www.icgov.org/trails>. While you are out there walking (or running or biking for those of you are agile and athletic) don't forget to take your cameras...it's a great time to take photographs that you can then enter in the UIRA photo contest (see page 2 for announcement).

One more activity – don't forget to come to the **benefits informational meeting on November 10** (see newsletter and website). It's a great time to find out what is happening and what is expected to happen with or to our benefits directly from the person who knows such things! And finally, please don't forget the opportunity to give to the UIRA scholarship...giving is just a link away and a matching gift will double your dollars through December.

I know we have reminded you about this opportunity but we really want to be able to award our first UIRA scholarship for the coming academic year! <http://givetoioowa.org/uira>.



*Nancy Hauserman, UIRA President*  
[nancy-hauserman@uiowa.edu](mailto:nancy-hauserman@uiowa.edu)

*Time Flies and Annual Tradition Continues*

**UIRA Welcomes Members for Update on 2017 Benefits,  
Thursday, November 10, 2 p.m. at Parkview Church**

Rebecca Olson, director of benefits for UI, will meet with UIRA members at 2 p.m. on November 10, at Parkview Church to discuss the status of current benefits for retirees and answer relevant questions. Throughout UIRA history the annual benefits briefing is one of the best-attended events each year. A Health Alliance representative will also participate. While there are no anticipated benefit changes for the 2016-2017 academic year, this is always a significant UIRA meeting. 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 but the Dubuque Street construction slow downs should be taken into consideration when attending. Refreshments will be served.

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*Time to get focused .....*



Camel Herder in India by John Donelson  
2016 UIRA Photo Contest Winner, International

The UIRA will be inviting entries to the Third Annual Travel Photography Contest. The contest is open to all UIRA members and will have three content categories: Iowa, USA Outside Iowa, and International. Professional judging will evaluate the images on originality, creativity, and photo-quality. Deadline for submissions will be late January with complete information in the December issue of *The Gray Hawk*. Thanks to **John Moyers**, renowned photographer and frequent winner in past contests, for agreeing to chair this year's contest, succeeding founding chair and UIRA past president **Ken Starck**.

*A Volunteer Opportunity*

*The Iowa Radio Reading Service for the Blind and Print Handicapped (IRIS) is looking for new volunteer readers in the Iowa City Area! Are you someone with a friendly voice and who likes to read? Please let IRIS know by calling 1-877-404-4747. Two volunteers read from the Cedar Rapids Gazette between 8-9 each morning at the KSUI studios in Iowa City. People usually schedule at least two mornings per month. The Gray Hawk readers may also contact **Derek Willard** [derek-willard@uiowa.edu](mailto:derek-willard@uiowa.edu) or 319-338-5584 for further information.*

Third Annual Recognition

**Outstanding Volunteers to the Community and University  
Again Being Recognized by UIRA at April 2017 Annual Meeting**

Nominations are open now for the Community Service and University Service Awards UIRA presents at the April Annual Meeting. Nancy Williams and the late Eugene Spaziani were the deserving 2016 recipients and their names have been added to the plaques hanging in the public space at the IMU. A \$100 donation is made in the name of each honoree to the charity of choice.

Please take time now to nominate a UIRA member who has made retirement years really count through volunteer service to the community or the university. The process is simple!

**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. Activities prior to retirement will not be considered.
- \* Volunteer service may include a wide range of activities that make a positive impact.
- \* 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.
- \* Members of the Selection Committee are ineligible for nomination.

**Nomination**

- \* Any UIRA member may nominate a UIRA member, including him/herself.
- \* The nominating letter should be limited to one page, describing how the nominee has successfully contributed through his or her involvement in one or more activities. In addition, a one-page biography of the nominee must be submitted and include the nominee’s name, address, telephone number and email address.
- \* A member of the selection committee will contact the nominee to obtain additional information about her/his relevant volunteer activities.
- \* Nominations must be submitted to the UIRA Board member **Pam Willard** by January 31, 2017.

**pamela-willard@uiowa.edu** or **Pam Willard**, 657 Larch Lane, Iowa City, IA 52245

Editor’s Note

*The Gray Hawk* will include a new feature, *In case you missed it*, to review past UIRA programs and related events with the assistance of member “reporters” volunteering to document past special events that busy retirees may have missed. Beverly Robalino’s summary of *The Conversation* is included in the Health Awareness feature in this issue and George Sauerberg and Ken Starck reports follow.

*In case you missed it* ~~~~~

**Psychologist Margit Henderson Offers Advice for Retirement Smooth Sailing**

Picture yourself as the skipper of a boat on a vast expanse of ocean. That was psychologist **Margit Cox Henderson**’s advice during her September 15 UIRA presentation “Optimistic Aging: Staying on Course for Your Retirement Adventure.” Henderson, of Denver, Colorado, has a B.A. in psychology from Northwestern University and an M.A. and a Ph.D. in clinical psychology from Loyola University of Chicago. The author of the book *Optimistic Aging* spoke at the session attended by 52 UIRA members at the Coralville Public Library.

According to Henderson, you need “four non-financial resources” for a happy retirement. Your compass, or “sense of purpose,” provides direction. Your crew, or “social support network,” should be diverse in ages and interests. “Your engine is your health,” she said, adding, “Fitness matters more than weight.” Your operations protocol is how you structure your time, and social contact, activities, and movement are important, she said. “Exercise your brain,” Henderson advised. “Try new activities.” And be ready for “a lot of adjusting course,” she said. “Make sure retirement is enjoyable.”

submitted by **George Sauerberg**

## Voxman Music Building Becomes a Reality As UIRA Members Enjoy Tour of New Facility

It was déjà vu with a \$189 million twist.

Two years ago, on October 6, a UIRA program featured the director of the UI School of Music, **David Gier**, discussing plans for the new Voxman Music Building, a replacement for facilities lost to the 2008 flood. This month, on October 8, UIRA members got a grand introduction to the new facility. **Gier**, along with Associate Director **Dan Moore**, led 101 UIRA members in tours of the Voxman Building, named in honor **Himie Voxman** (1912-2011), the School's long-time director.



Photo Collage: (1) Music School Director **David Gier**; (2) Looking out from the stage of the 700-seat Concert Hall; (3) Beginning the Voxman tour in the Chorale Rehearsal Room; (4) On the Concert Hall stage with the new Klais organ in the background.

For more about the School, see its website: <https://music.uiowa.edu/>

submitted by **Ken Starck**

~Use this direct link to make your donation to the UIRA Scholarship today~

<http://givetoiowa.org/uira>

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



# University of Iowa Stead Family Children's Hospital

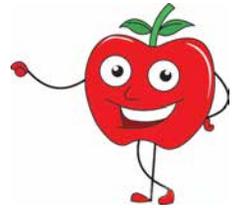
Our kids. Our **new** hospital.

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

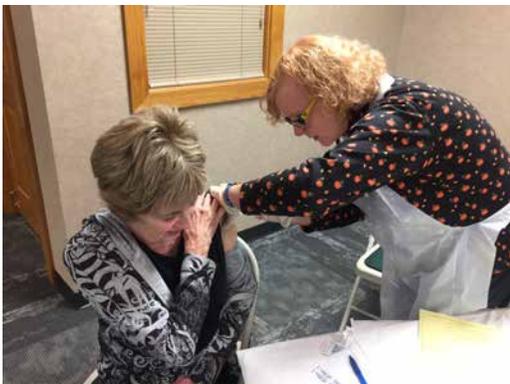
### **Past President Beverly Robalino Summarizes *The Conversation***

As a part of Iowa City's Book Festival, **Angelo Volandes MD, MPH**, read from his book *The Conversation: A Revolutionary Plan for End-of-Life Care* at a presentation held on October 4. Volandes urged people to form a partnership with their medical team and to have a say in what they wanted and not just to cede all their care decisions to doctors. While most people want to die in their homes, two thirds actually die in hospitals. Volandes said that people need to begin the conversation sooner than later with their family about what they desire so they can receive the right care on their terms.

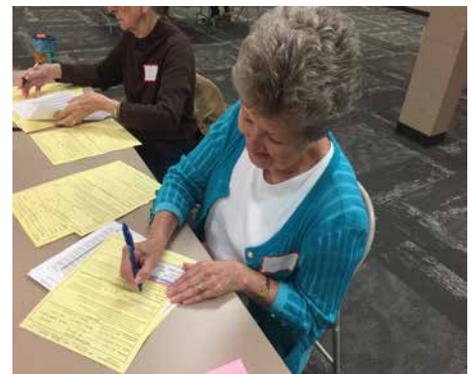


Volandes noted three options for end of life care including life prolonging care, limited care, and comfort care. Life prolonging care is for someone who is more interested in lengthening life. This care may include CPR, breathing machines and ICU treatment. Limited care refers to maintaining medical treatment for treatable conditions to restore health. Those desiring comfort care are primarily interested in the quality of life at the end of life. Comfort care can include hospice care, care in the home or nursing home care. Studies have shown that when seriously ill patients understand their condition, treatments and outcomes, most prefer the comfort care option.

More about the conversation everyone needs to have with their loved ones and questions you need to consider regarding the right care at the right time is presented through a short video at the website <http://www.theconversationbook.org> End of life care is a process to consider over time. Another resource is <http://www.honoringyourwishes.org>



*October 13 VNA Flu Shot Clinic inoculated 56 UIRA members and provided fitness assessments for more than a dozen attendees. Nancy Williams (left) receives her shot and Judy Biderman (right) assists with paperwork.*



**UIRA Special Interest Groups**

**Any Season Is A Good Season to Join**

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. If you are interested in joining the group, contact leader Beverly Robalino at [beverly-robalino@uiowa.edu](mailto: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](mailto:phil-klein@uiowa.edu)

**Update on UIRA Membership**

**Help Spread the Word about UIRA Membership Status**

Do you have a friend, neighbor or former co-worker who has retired from the University of Iowa but has not joined UIRA? Help spread the word to anyone who fits that description. The first year of membership is FREE regardless of when UI retirement took place! A membership form is included on page 8 of this newsletter. Please share *The Gray Hawk* with *anyone* who has retired *anytime* from UI but is not a current UIRA member. President-elect **Michael Barron** has an exciting line up of events for the first of 2017!

Membership Chair **Lois Lembke** reports that UIRA currently has 644 members. A letter from the president was sent to new retirees from the University of Iowa inviting them to join UIRA. A membership renewal reminder was sent to UIRA members that have not yet paid their dues for 2016 – 2017. If you received a reminder and did not respond, please do so ASAP.

**Welcome New UIRA Members**

|                               |  |
|-------------------------------|--|
| <b>Jimmie Brosam</b>          | <b>UIHC Maintenance and Engineering</b>            |
| <b>Vicki Hesli Claypool</b>   | <b>Political Science</b>                           |
| <b>M. Kay Colangelo</b>       | <b>Spouse</b>                                      |
| <b>Nicolas Colangelo</b>      | <b>College of Education</b>                        |
| <b>Linda Considine</b>        | <b>Nursing</b>                                     |
| <b>Mark Considine</b>         | <b>Radiology</b>                                   |
| <b>Paula Forest</b>           | <b>Internal Medicine</b>                           |
| <b>Anne W. K. Frankel</b>     | <b>Academic Advising Center</b>                    |
| <b>Leslie Harrington</b>      | <b>College of Medicine/Medicine Administration</b> |
| <b>Kathryn Hodson</b>         | <b>Special Collections / Main Library</b>          |
| <b>Carolyn M. Murphy</b>      | <b>College of Medicine/Medicine Administration</b> |
| <b>Michael Murphy</b>         | <b>Facility Services</b>                           |
| <b>Penny Rembolt</b>          | <b>College of Medicine/OSAC</b>                    |
| <b>Carl Sigler</b>            | <b>Spouse</b>                                      |
| <b>Judy Sigler</b>            | <b>Nursing</b>                                     |
| <b>Nancy Wegand</b>           | <b>Rehabilitation and Counselor Education</b>      |
| <b>Ben Wenberg</b>            | <b>Spouse</b>                                      |
| <b>Marcia (Marcy) Wenberg</b> | <b>Social Services</b>                             |



University of Iowa Retirees Association

**BOARD OF DIRECTORS 2016-2017  
(year in which term on Board expires)**

|  |                           |                             |
|--|---------------------------|-----------------------------|
| <b>Nancy Hauserman</b><br>(319) 321-9815 | nancy-hauserman@uiowa.edu | President (2018)            |
| <b>Michael Barron</b><br>(319) 338-3443  | michael-barron@uiowa.edu  | President-elect (2019)      |
| <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— November 8, December 13.*

*2017—January 10, February 14, March 14, April 11, May 9, June 13.*

***Emeritus Faculty Lecture Series for November***

**Shakespeare and "the likeness of a jew": Shylock, Fagin, Disraeli**

Miriam Gilbert, Department of English

Thursday, November 10, 2016 from 4-5 pm—101 Biology Building East

*Coffee, tea and cookies served before the lecture courtesy of the Provost's Office*

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December Lecture—"Nietzsche and Nazism"

Professor Emeritus Laird Addis, Department of Philosophy

Thursday, December 8, 2016 from 4-5 p.m.—101 Biology Building East

***COMING SOON—UIRA Membership Survey***



**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/>