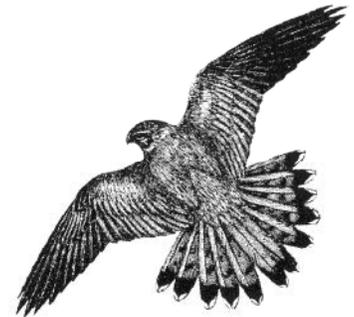


# *The Gray Hawk*

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



Volume XX, Issue 4 (six pages) • <http://uira.org.uiowa.edu/> • December 2016

## *UIRA Calendar*

**December 14, 2016—Wednesday, 2 p.m., UI President Bruce Harreld, First Year Retrospective, Coralville Library E. Jean Schwab Auditorium**  
*Non-perishable items for the Crisis Center Food Bank will be collected at this event in keeping with an autumn UIRA tradition. Please bring an item!*

**2017 Events—Annual Meeting, Thursday, April 3~~Alternative Medicine, Tuesday, April 25~~Annual Picnic, Wednesday, June 7~~June (date pending)**  
**Tour of Cedar River Crossing Wetlands**

### *Greetings from UIRA President*

It seems that it has been a long time between newsletters, but I think it is just that so much has happened in the world in the last month. We have learned much in the fall about what's coming up for us in terms of the University's benefits programs thanks to the presentation from The University of Iowa Benefits office and from the new provider option Health Care Alliance. And then, of course, there has been the election. Now summer seems clearly behind us and it appears fall may soon be gone as well. It is, for me, time to hunker down for winter in Iowa! (All the best to those of you who manage to escape to warmer climates – have a grand time but don't tell me too much about it...though you can submit photo entries of those warm places!) We can all look forward to the various winter holidays. We will have a chance to visit again with UI President Bruce Harreld in December and I hope you can join us. And the final month of the year is a good time to make your donation to the UIRA Scholarship while the matching grant is available (page 3) and to nominate a friend for a UIRA Service Award (page 4). In the meantime, keep warm, stay healthy and please let me know if there is anything you would like to see UIRA do for you. Wishing you all a happy and healthy holiday season!!



*John Moyers 2016 Photo Contest Winner*

**Nancy Houserman, UIRA President**  
*nancy-houserman@uiowa.edu*

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

Questions and More Questions

**Changes Noted in Retirees' Health Insurance  
At Annual Benefits Meeting November 10**

The annual autumn fog of health insurance questions lifted somewhat at the UIRA's benefits meeting November 10 attended by nearly 175 persons at Parkview Church.

Answering dozens of questions from the audience for more than an hour were **Rebecca Olson**, UI's director of benefits, and **Lora Felger**, client consultant for Health Advance, an alternative to UI Choice.

Besides cost increases, among changes in UI Choice summarized by the UI's **Olson** were:

\* UI's contribution toward the cost of UI Choice health insurance for 2017 will remain at \$288 per month.

\* UI QuickCare will be billed as an office visit requiring \$5 co-pay at the time of visit effective January 1, 2017.

\* The dental plan will limit the number of cleanings/x-rays to two a year effective January 1, 2017.

\* UI Choice began covering transgender care effective September 1, 2016.

Among changes at Health Alliance, based in Champaign-Urbana, IL, is the shift effective January 1, 2017, from Walmart to Walgreens as its preferred pharmacy network.

Meanwhile, additional information can be found at these websites:

For the UI: <http://hr.uiowa.edu/benefits>

For Health Alliance: <https://www.healthalliance.org/IA-retiree>



*Melody Strom asks a question at UIRA annual benefits meeting.*



*Rebecca Olson presents Benefits Update at November event.*

**The video of this UIRA meeting is available on YouTube! You can access the 80 minute video anytime at the following URL: <https://youtu.be/ul6aRfkzTiM>**

*article and photos submitted by Ken Starck*

**FOUND ITEM**

If you left a black fleece zip jacket with an Iowa Public Radio logo at the benefits discussion at Parkview Church, please let Nancy Hauserman know. Otherwise she will wear it!

[nancy-hauserman@uiowa.edu](mailto:nancy-hauserman@uiowa.edu) or 319-354-9692.

*TIS THE SEASON TO BE GIVING—  
and in 2017 UIRA hopes to be giving its first scholarship.*

*\*\*\*December 31 is not only the last day of 2016, it's also the final day of the UIRA scholarship fund challenge grant. The \$10,000 grant has already matched \$5,000 in donations.*

*\*\*\*Take advantage of this wonderful opportunity to double the amount of your donation.*

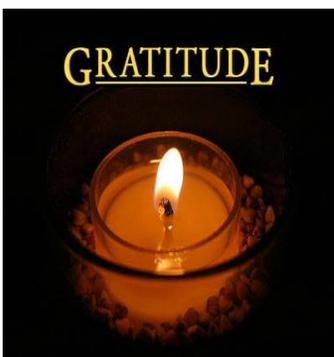
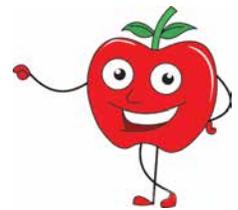
*\*\*\*Giving \$100 means the scholarship receives an equal amount from the grant and the fund is increased by \$200. The UIRA scholarship needs your support. On line giving is quick and easy. Just go to*

*<http://givetoiowa.org/uira>*

### Health Awareness

#### **This Thankful Time of Year Adopt Gratitude Attitude**

The holidays, more than any other time of year, can be a time to be thankful. There is a case, however, for incorporating gratitude into our lives as a yearlong practice. Research has shown that feeling grateful is good for us and can help us sleep better, be more optimistic and connect to others. Gratitude makes us less likely to think about the negative and experience less depression. We take so many things for granted and may overestimate the importance of our life's accomplishments. Gratitude can acknowledge what we owe others.



Getting into the habit of gratitude takes very little practice. Each day identify three new things you are grateful for. You may be grateful for your morning cup of coffee, your comfortable slippers or your walk with the dog. It's more effective to write down those things each day so you don't repeat things on your list. When talking to others, emphasize blessings and your gifts instead of your burdens or deprivations. Even a bad experience can be viewed as a blessing when it opens the door to another opportunity. Giving back by volunteering is a great way of feeling grateful. Giving back helps you appreciate your own blessings.

So when you consider your blessings this holiday season be sure to extend that gratitude habit into 2017. To read more about gratitude, refer to the book *Choosing Gratitude: Learning to Love the Life You Have* written by **James A. Autry**. The author resides in Des Moines and is a former Fortune 500 executive and an author and poet. The book can be ordered from your favorite bookstore or online.

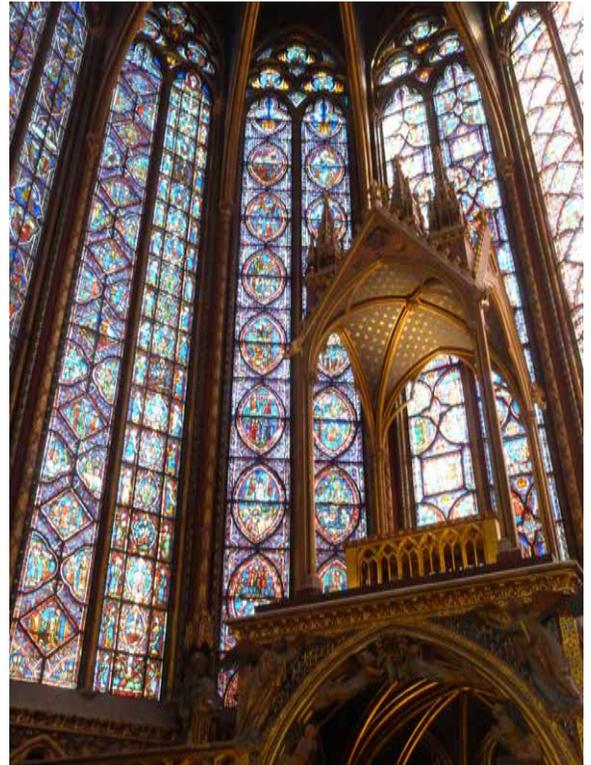
*submitted by Beverly Robalino*

*Timely End-of-Year Reminders* ~~~~~

Attention UIRA Photographers

**Third UIRA Travel Photography Contest Entries Now Underway**

UIRA is inviting entries to the Third Annual Travel Photography Contest. The contest is open to all UIRA members and has content categories: Iowa, USA Outside Iowa and International. Professional judging will evaluate the images on originality, creativity and photo-quality. Cash prizes are awarded at the April Annual Meeting. Each entrant can submit three photos in each category. Thanks to **John Moyers**, frequent winner in the past, who has switched from entrant to contest chair. Send images to [uira.photo.contest@gmail.com](mailto:uira.photo.contest@gmail.com) Photographs from past years can be found on the UIRA website <https://uira.org.uiowa.edu> under “photo contest rules & gallery.” Deadline for submissions is January 31, 2017.



The photo (right) of *Saint Chapelle, Paris*, by **John Menninger** was a 2016 winner in the International category.

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**Past UIRA Service Award Recipients**

Community Service

Nancy Lynch 2015

Nancy Williams 2016

University Service

Al Hood 2015

Eugene Spaziani 2016

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***Nominate Now!***

**Simple Process to Recognize and Honor UIRA Members**

**Serving the Community and the University**

Nominations are now open for the UIRA 2017 Community and University Service Awards. Complete award process and criteria were listed in the November issue of *The Gray Hawk* and are always available on the UIRA website: <https://uira.org.uiowa.edu>

The previous winners each made outstanding service impact following their respective retirements. All that is needed is a one page letter and one-page biography submitted by January 31, 2017, to Pam Willard, [pamela-willard@uiowa.edu](mailto:pamela-willard@uiowa.edu) or mailed to her at 657 Larch Lane, Iowa City, 52245.

In addition to a \$100 donation to the charity of the honorees choice, recognition plaques hang in the lobby entrance of the Iowa Memorial Union.

~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.

*UIRA Special Interest Groups*

**End the Year with a New Activity**

**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 the 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)

*Welcome New UIRA Members*

<b>John Jay Bryant</b>	<b>Hygienic Laboratory</b>
<b>Debbie L Bryant</b>	<b>Spouse</b>
<b>Joe Dan Coulter</b>	<b>Community &amp; Behavioral Health</b>
<b>Susan Dane</b>	<b>Pathology</b>
<b>Joan Dolezal</b>	<b>UIHC Food and Nutrition Serv.</b>
<b>Steve Dolezal</b>	<b>Spouse</b>
<b>Les Finken</b>	<b>Office of Teaching, Learning &amp; Technology, ITS</b>
<b>Teresa Finken</b>	<b>Spouse</b>
<b>Patricia Grady</b>	<b>Radiology</b>
<b>Wendelin Guentner</b>	<b>French and Italian</b>
<b>Betty Hellwig</b>	<b>Spouse</b>
<b>Richard Hellwig</b>	<b>Facilities Services Group</b>
<b>Jo Hendrickson</b>	<b>Teaching and Learning</b>
<b>Mary Huber</b>	<b>Environmental Services</b>
<b>Richard Huber</b>	<b>Center for Disabilities and Development</b>
<b>Karin Jagnow</b>	<b>WEEG Computer</b>
<b>Mark Jennings</b>	<b>Athletics</b>
<b>Vicki Jennings</b>	<b>Alumni Association</b>
<b>Lucille Luxenburg</b>	<b>Information Technology</b>
<b>Joyce Murphy</b>	<b>Health and Human Physiology</b>
<b>John Durham Peters</b>	<b>Communication Studies</b>
<b>Shelley B. Plattner</b>	<b>Biology</b>
<b>Kathryn F. Grove</b>	<b>Spouse</b>
<b>Robert M. Raw</b>	<b>Anesthesia</b>
<b>Hazel Seaba</b>	<b>College of Pharmacy</b>

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*Emeritus Faculty Lecture Series for December*  
**Nietzsche and Nazism**

**Laird Addis, Professor Emeritus, Department of Philosophy**

**Thursday, December 8, 2016 from 4-5 pm~101 Biology Building East**  
**Coffee, tea and cookies served before the lecture courtesy of the provost's office.**



University of Iowa Retirees Association

**BOARD OF DIRECTORS 2016-2017**

**(year term on board expires)**

<b>Nancy Hauserman</b> (319) 321-9815	nancy-hauserman@uiowa.edu	President (2018)
<b>Michael Barron</b> (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—December 13.*

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

~~~~~*a volunteer request to UIRA members from Compeer*~~~~~

**Make a friend, Change a Life**

Volunteering for Compeer is unlike any other volunteer experience. You develop a one-to-one relationship with another adult and *spend time with them on your schedule partaking in activities the two of you choose together*. Compeer changes lives by creating friendships between adult volunteers and adults living with mental illness. These adults, ready for connection, often have very limited social contact. Many can no longer work, families have become distant and marriages often fail, leaving them without the options many of us have for making friends. We ask that you spend 4 hours per month with your Compeer friend and we also ask for a year commitment as it can take time to build a friendship. Compeer has many friendships that have lasted well over ten years.

*We provide both training and support to our volunteers* and we also have current volunteers who would be glad to share their experiences of being Compeer Volunteer Friends. There is a continual waiting list of adults eager for a new friend.

Please contact **Deb Moore** at 319-383-6264 or send an email to: [compeeric@gmail.com](mailto:compeeric@gmail.com). You can also visit our website at [compeerjohnsoncountyiowa.org](http://compeerjohnsoncountyiowa.org) for a Volunteer Application.

