

# The Gray Hawk

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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## UIRA Calendar

**February 9, 2017—Thursday, 2 p.m., Reducing The Risk Factors of Diabetes and Heart Disease, Nancy Carlisle, E Jean Schwab Auditorium, Coralville Public Library Refreshments will be served. (See page 2)**

**April 3, 2017—Monday, 11:30 a.m., Annual Meeting, Radisson Hotel, Coralville**

**April 25, 2017—Tuesday, 2-4 p.m., Alternative Medicine: Complementary or Conflicting, Karen Baker, College of Dentistry, with optional tour of College of Dentistry**

**June 7, 2017—Wednesday, Annual Picnic, Terry Trueblood Lodge**

## February Checklist

- ♥ Complete UIRA Survey by February 14
- ♥ Join The Gray Hawk Steppers Tuesdays 9:15 at Coral Ridge Mall. (Note group photo here)
- ♥ Enter Travel Photo Contest
- ♥ Nominate Service Award Candidate
- ♥ Attend February 9 Program at Coralville Library
- ♥ Attend Emeritus Faculty Lecture



Members of The Gray Hawk Steppers, UIRA Special interest Group, gather at the Coral Ridge Mall. Contact **Beverly Robalino** at [Beverly-Robalino@uiowa.edu](mailto:Beverly-Robalino@uiowa.edu) if you are interested in joining.



## **“Reducing the Risk Factors of Diabetes and Heart Disease” Presentation Slated for Thursday, February 9**

**Nancy Carlisle**, Mercy Hospital Diabetes Education Coordinator, has been a dietician for over 35 years and a certified diabetes educator for 25 years. Nancy will share an entertaining and conversational presentation laced with important information to consider about these significant health conditions. Plant enthusiasts may also know Nancy as an expert collector and cultivator of day lilies.



## *Greetings from UIRA President*

February...amazing. We are at least half way through winter (yes, I am an optimist). The days will get longer, the frigid temps less frequent and walking my dog will get more pleasant as the possibility of slipping on ice decreases! (Of course, I am not especially coordinated and I can manage to trip on a crack in the sidewalk or even a tree root but still I am happy to eliminate the ice from the equation!)

There are several very good UIRA programs coming up this spring and I hope you will take advantage of them. You know if there are any speakers you would like to hear or areas you would like to know more about, you should always feel free to let the President or Program Chair (President-Elect) know that...we aim to please and learn. To that end, I also hope that you filled out the UIRA survey. If for any reason you didn't or don't have it in your inbox, let me know and I'll get you another one...it's free and easy. I very much look forward to reading the responses and your UIRA Board can use them to shape UIRA programs, interest groups, etc. going forward.

I do want to draw your attention to a meeting that some of you might be interested. On Wednesday, February 15, 2017, there will be a discussion at 4 p.m. on Aging in Place: Keeping Older Johnson County Residents in Our Neighborhoods at the Iowa City Public Library, Meeting Room A. **Susan Shullaw** and I will be joined by UI Aging Studies Program Director, **Mercedes Bern-Klug**, to talk about the TRAIL (Tools and Resources for Active Independent Living) initiative as well as other issues about and programs that facilitate Aging in Place. Note the Health Awareness article on page 4.

Finally, you'll soon be getting information about the April luncheon and meeting. I hope you will be able to attend and see the great photos our members have submitted (you still have time!) and celebrate several of our members!

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

~~~~~Deadlines E x t e n d e d~~~~~

**UIRA Travel Photo Contest - Deadline Extended to February 15;  
Prizes Sponsored by Hills Bank and Trust for Third Year**



*Beach Friends-2016 USA-Outside Iowa 1st Place  
Miramar Beach, Florida by Linda Muston*

Now is the time to submit your favorite photos from the past year. **John Moyers**, chair of the photo contest, reports entries are coming in and that Hills Bank and Trust is again sponsoring cash prizes for the winners. 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 February 15, 2017. Professional photographers will judge the entries on originality, creativity and photo quality. To honor as many people as possible an individual photographer will only be recognized once among the nine 1st, 2nd and 3rd place awards in each category—Iowa, USA Outside Iowa, International.

**Service Award Nomination Deadline Extended to February 15;  
Easy Process Results in Worthy Recognition**

Previous UIRA Award winners each made outstanding service impact following their respective retirements. All that is needed for nomination is a one-page letter and one-page biography submitted by February 15, 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. 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>

**Review past award winners for help in identifying some worthy friend, neighbor or co-worker who deserves recognition:**

\***Nancy Lynch**, 2015 Outstanding Community Service honoree, was recognized for her contributions to a number of civic organizations including the Iowa City Public Library, the League of Women Voters, The Livable Community Policy Board and the Bird Club.

\***Albert Hood**, was awarded the 2015 Outstanding University Service recognition. He was the Emeritus Faculty Council president, coach to medical students and played a vital role in the success of the Senior College.

\***Nancy Williams**, the 2016 Outstanding Community Service award recipient, has had board responsibilities for The Shelterhouse, the Community Foundation of Johnson County and Riverside Theatre. She has been active also in the American Cancer Society’s Relay for Life and is on the TRAIL development committee.

\***Eugene Spaziani** was awarded the 2016 Outstanding University Service award. He wrote a history of the Biological Sciences Departments, taught in the Senior College and served five years on the UIRA Board contributing significant developmental and leadership roles to the organization.

### **What a Difference a Year Makes!**

In January 2016, the UIRA Board of Directors approved the establishment of a UIRA student scholarship fund. The fund is to provide scholarships to deserving University of Iowa students with a preference given to students who are residents of the state of Iowa, are in good academic standing, academically considered to be of sophomore, junior, or senior status and who demonstrate financial need. The number and amount of annual awards will be determined by UIRA in consultation with the Office of Student Financial Aid.

The first \$5,000 donated to the fund was matched by a \$5,000 donation from UIRA reserve money. In September 2016, a UIRA member offered a matching challenge grant of \$10,000. The grant was in effect until December 31, 2016. **Thanks to the many contributions from generous UIRA members, the challenge grant was fully matched and the fund now stands at \$29,450.** The ultimate goal for the scholarship fund is \$50,000. Once the fund reaches \$50,000, the fund status will be changed to a permanent endowed fund and the earnings from the \$50,000 investments used to award scholarships.

A \$1,000 UIRA scholarship will be awarded no later than the first week in February for the 2017 spring semester. What a difference UIRA members have made by supporting this UIRA effort to provide more opportunities for students. Wouldn't it be wonderful if UIRA could reach \$50,000 in 2017!

Many Thanks,  
**Beverly Robalino**  
*Past UIRA President 2015-2016*

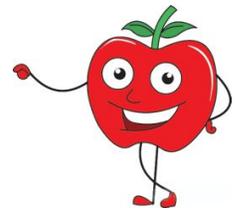
### **Health Awareness**

#### **Successful Aging “With a Little Help From Our Friends”**

According to the AARP Foundation the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day and one in five people over 65 are affected by social isolation. Social isolation is more than feeling alone. It's a feeling of being detached from family, friends and community support groups. Isolation refers to the size of one's social network and the frequency of one's engagement with it.

The most common causes of isolation include lack of accessible and affordable transportation options, hearing loss, mobility impairments, loss of a partner or friend, leaving the workforce, ageism, and poverty. Ways to prevent or reduce isolation include volunteer ride programs, lifelong learning, technology training and support groups such as those provided by UIRA and the Senior Center, sharing a meal with others at a church group, Senior Center or local restaurant, greeting a friend or neighbor with a hug or joining one of UIRA's special interest groups.

A new non-profit organization will be launched in Johnson County in April of this year. Tools and Resources for Active Independent Living (TRAIL) was formed by Iowa City area seniors interested in successfully aging in place. Many of you took a survey that UIRA posted assessing interest in TRAIL and identifying concerns about aging. That input helped the organizers to design TRAIL for Johnson County. TRAIL will provide volunteers, resources and social events all of which can help to build and maintain the social connections we all need and reduce the feeling of isolation that often accompanies aging. TRAIL will begin accepting memberships in Spring 2017. **The first of three informational programs about TRAIL will be held on Wednesday February 15, from 4-5 p.m. in the Iowa City Public Library Meeting Room** as noted in President **Nancy Hauserman's** message on page 2.



## *Emeritus Faculty Lecture Series*

**Carol Scott-Conner (Surgery)**

***Mission to Mars: Healthcare Issues Surrounding Interplanetary Travel***  
**101 Biology Building East, 4-5 pm, Tuesday, February 21, 2017**

**John Raeburn (English)**

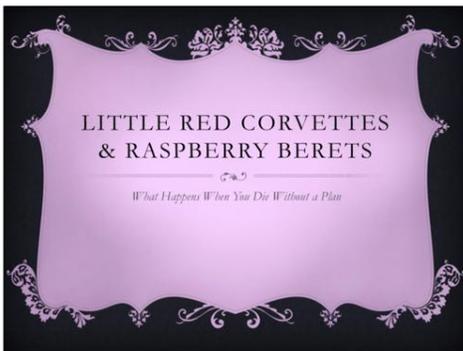
***The Politics of 1930s Documentary Photography***  
**101 Biology Building East, 4-5 pm, Thursday, March 9**

**Paul Muhly (Mathematics)**

***Mathematics as a Creative Art***  
**101 Biology Building East, 4-5 pm, Thursday, April 6**

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

**Sarah Jean Leonard**, a trust officer at US Bank in Iowa City, presented “Little Red Corvettes and Raspberry Berets: What Happens When You Die without a Plan,” for UIRA at the Coralville Library. Sarah is a graduate of UI who attended William Mitchell College of Law in St. Paul and has worked as an estate planning and probate attorney in Minnesota. She also serves in a number of local community board leadership roles.



**Sarah** emphasized to the more than 40 people attending on January 13 that she was sharing her opinions and not those of the bank. She urged everyone to consult their estate planning or tax professional for any specific estate or tax advice. Questions and discussion followed her presentation.

Her main focus was intestacy using the example of the performer known as Prince who died last year without a will, despite having a very large estate. She discussed the probate process and what different estate planning documents Prince could have utilized, such as a will or a trust. She stressed that probate was not to be feared and there are measures that people (even those with significantly less assets than Prince) can take to minimize the impact to the people they leave behind. Sarah ended the presentation with an update on Prince’s complex estate and a lively question and answer session.

## *Welcome New UIRA Members*

**Robert Harding**  
**James Martinek**  
**Karen Martinek**  
**Stephen L. Slezak**  
**Jeanette E. Wigim**

**Power Plant**  
**Spouse**  
**Otolaryngology**  
**College of Pharmacy**  
**Surgery**



University of Iowa Retirees Association

### **BOARD OF DIRECTORS 2016-2017** **(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:*

*2017--February 14, March 14, April 11, May 9, June 13.*

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

<http://givetoiowa.org/uira>