

# The Gray Hawk

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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## *UIRA Calendar*

**April 3, 2017—Monday, 11:30 a.m. Cash Bar, 12 Noon Annual Luncheon Meeting, Radisson Hotel, Coralville (*Reminder for members with reservations only*)**

**April 25, 2017—Tuesday, 2-3:30 p.m., Nutraceuticals: Complementary or Conflicting? Karen Baker, College of Dentistry, Galagan Auditorium and optional tour (see page 2)**

**May 16, 2017—Tuesday, 2 p.m., Comprehensive Internationalization, Professor Downing Thomas, Associate Provost and Dean of International Programs, E. Jean Schwab Auditorium, Coralville Public Library (see page 2)**

**June 7, 2017—Wednesday, 5:30 p.m., Annual Picnic, Terry Trueblood Lodge**

## *Spring Greetings from the UIRA President~~~~~*

I'm not sure why I am always surprised by the arrival of spring – we spend many months waiting for spring and planning for it and bemoaning our too long or too cold winters with too much or not enough snow depending on whether we prioritize nature or comfort! And then, suddenly, spring is upon us...or almost. Bulbs are popping up, refusing to be dissuaded by periodic cold snaps. Many of the winter birds have moved on and soon the spring flocks will appear. We experienced the quiet of spring break in Iowa City, and though I have yet to see any undergraduates sporting Bermuda shorts, I expect that April will change all that.

For UIRA spring offers continued fine programming (note page 2) and the wonderful Annual Luncheon meeting. I do like the lunch meeting – many of us get to see each other again and compare winter notes over a nice meal, some interesting sharing of information, the opportunity to see some great photographs taken by our colleagues, the bestowing of much deserved honors and reports from Senior College and the Emeritus Faculty Council. And this year we get to meet the first recipient of the UIRA Scholarship, Emily Hestbech, who will join us for lunch (note page 3). I plan to offer a brief report on the UIRA survey and will follow that up with a written report on the survey in May's newsletter.

I must also admit to a tad of a bittersweet sensation about the luncheon since it portends the end of my term as President of UIRA in just a few months. But I'll not dwell on that! For now, let me just say that I very much look forward to seeing many of you on April 3 at the Radisson. Let's greet folks we know, meet those we don't and trade stories of our year. Let's celebrate UIRA and recognize the achievements of some of our members. And let's welcome spring together!

**Nancy Hauserman, UIRA President**

## UIRA Spring Programs

### Tuesday, **April 25**, UIRA Program at U of I Dental School; Explore the World of Alternative Medicine

The resurgence of alternative medicine has produced confusion and conflict among health professionals and consumers alike. During the April 25 program, 2-3:30 p.m. in the Galagan Auditorium in the College of Dentistry, **Karen Baker** will present current status of alternative medicine. Two hours of free parking in the Dental School Patient Parking Lot will be available for those attending, and refreshments will be served. An optional tour of the Dental School follows the presentation.

She will discuss the peri-surgical impact of popular systemic supplements as well as the effectiveness of nutraceutical products promoted for common diseases such as hypertension, high lipids, diabetes, BPH, arthritis, depression and dementia. She will conclude by discussing reliable information sources and stepwise strategies for evaluating and choosing nutraceutical products. A practical and detailed handout will be provided to allow participants to apply this information to their individual situations and health problems.

Professor **Baker**'s presentation will assist attendees in buying and using reliable, science-based nutraceutical references, recognize the pre-surgical impact of common systemic nutraceutical products, how to select special nutraceutical products with reasonable claims and safe ingredients and evaluate and rate the effectiveness of those products in the prevention and /or treatment of common chronic diseases.



*Professor Karen Baker has been on the Dental College faculty for 35 years and occupies a unique role in dental practice and education. She is a clinical pharmacist with a Master's degree in clinical pharmacology and therapeutics and is focused on patient-specific dental drug therapy. She has given over 1000 invited programs nationally and internationally and holds membership in many dental and clinical pharmacology and therapeutics organizations. Her dental education-based pharmacy and drug therapy consultation center is the only one in the United States. She has authored more than 50 articles and abstracts and lectures extensively in pre-doctoral and graduate courses at the University of Iowa.*

### Tuesday, **May 16**, Professor Downing Thomas Presents Comprehensive Internationalization Update at Coralville Library

The rich international environment UI has created throughout the university has resulted in national recognition. At the May 16 UIRA program at the E. Jean Schwab Auditorium at the Coralville Library, Professor **Downing Thomas**, Associate Provost and Dean of International Programs, will describe the program and the recent national recognition. UI has received the Senator Paul Simon Award for Comprehensive Internationalization, one of only two AAU (American Association of Universities) schools to be so recognized. In the midst of uncertainty regarding access to the US from other countries, there is much to celebrate here around the student success, creation, discovery and community engagement. This program, Comprehensive Internationalization at UI: What It Means to Students, Scholars and the Community, will enhance understanding. Refreshments will be served.

~~~~~Introducing~~~~~

*Emily Hestbech*

**First UIRA Scholarship Recipient Named**

**Emily Hestbech**, a sophomore global health studies major, has received the first \$1,000 UIRA Scholarship. Emily will attend the April 3 Annual Meeting to accept the award and express her thanks.



A Des Moines resident and graduate of Hoover High School, Emily enjoys going home to Des Moines and has enjoyed watching it grow during her lifetime. She has two older brothers, and one is a 2014 Iowa graduate in accounting. Her major is global health studies with a certificate in sustainability, and she is a member of Sigma Lambda Gamma, a multicultural sorority that was founded at UI. For two years she has worked at the university library in the Inter-library Loan Department. She is considering doing graduate work in public health. During her years at UI, Emily has participated in Dance Marathon. In her spare time Emily enjoys reading, being outside and attending sporting events.

**President Nancy Hauserman** announced last month that just one year after it was established the UIRA Scholarship is fully endowed. With support and additional contributions, future recipients will be selected consistent with the criteria: Good academic standing, Iowa resident and a sophomore, junior or senior who demonstrates financial need. Selection is made in consultation with the Office of Student Financial Aid.

~~~~~Use this direct link to contribute to the UIRA Scholarship today~~~~~  
<http://givetoiowa.org/uira>

*UIRA Leadership 2017-2018*

This is the slate of officers being presented at the Annual Meeting on April 3:  
President-Elect, **Sue Otto**, becoming president for 2018-2019;  
Secretary, **Diane Martin**; and  
Directors- at-Large **Douglas True** and **Benny Hawkins, Sr.**

**Sue E. K. Otto** is Associate Professor Emerita in the Division of World Languages Literatures and Cultures at the University of Iowa. Before her retirement in 2015, she was Director of the University of Iowa Language Media Center and Co-Director of the FLARE Second Language Acquisition doctoral program. For more than 35 years she devoted her career to creating foreign language instructional software and examining the effects of multimedia and web-based applications on language acquisition and cross-cultural understanding. She taught courses on foreign language instructional technology and published articles and gave numerous papers and international workshops on the use of media for language instruction.

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*Emeritus Faculty Lecture Series*

**Paul Muhly (Mathematics)**

*Mathematics as a Creative Art*

**101 Biology Building East, 4-5 pm, Thursday, April 6**

In case you missed it~~~~~



When the threat of a flood looms, people want to know.

The Iowa Flood Center found that out in dramatic fashion in September 2016 when more than 80,000 people in Iowa sought information about flooding on Iowa rivers. The Center’s server crashed, and it had to contact Google to enable Iowans to continue checking flood conditions.

Retirees learned about the origin of the Flood Center and its work March 20 at the Coralville Public Library from Professor **Witold F. Krajewski**, Center director and professor of Civil and Environmental Engineering in the UI College of Engineering. About 35 UI retirees attended.

The state legislature established the Center in 2009, a year after flooding ravaged parts of Eastern Iowa. Especially hard hit were Iowa City and Cedar Rapids. The state continues to fund the Center with \$1.5 million annually. “That’s about 50 cents per person,” said **Krajewski**. He said the Center is “setting an example for the nation.”

The purpose of the Center is to provide information helpful to Iowans, which includes real-time forecasting, mapping flood plain inundation and improve flood monitoring.

An example of the Center’s work, said **Krajewski**, involves placing and maintaining sensors on Iowa bridges. The sensors measure stream height and transmit data automatically and frequently to the Iowa Flood Information System (IFIS), where one can see the sensors locations and data in real time.

Iowa has about 25,000 bridges. Today sensors are maintained at more than 200 bridges.

The Flood Center maintains a website with, well, floods of information. The Center link is <http://iowafloodcenter.org/>

From this site one can navigate to IFIS. Besides a tutorial and interactive features, that site offers access to community-based flood conditions, forecasts, visualizations, inundation maps and much, much more. That link is <http://ifis.iowafloodcenter.org/ifis/>

*submitted by Ken Starck*

***A Note of Thanks and Explanation***

**UIRA Committee on Aging in Place Bears Fruit**

In the spring of 2014, the UIRA Board established an ad hoc Committee on Aging in Place. They appointed **Charlie Anderson**, **Nancy Lynch** and **Nancy Williams** as members. That UIRA committee created TRAIL (Tools and Resources for Active Independent Living) and sponsored the group's membership in Village to Village, a national organization of over 200 established villages and 150 developing villages.

TRAIL became identified as a developing village with SAIL (Sharing Active, Independent Lives) of Madison, WI, as the mentor village. In 2015, TRAIL joined forces with a north side Iowa City neighborhood group searching for a way to age in place. Eventually a free standing 501(c)3 nonprofit organization, TRAIL, was formed.

Beginning in April 2017, TRAIL will be accepting members and will begin providing volunteer services such as transportation to appointments, events, medical advocacy, daily check-ins and minor home maintenance on request as well as social events and educational programs. For services that cannot be provided by volunteers, TRAIL will provide a list of prescreened service providers. Further information is available on the web site <http://trailofjohnsoncounty.org>

Thank you UIRA for having the foresight to establish the initial committee and the commitment to the possibility of aging in place.

**submitted by Charlie Anderson, UIRA member and TRAIL of Johnson County Board member**



**Results of the UIRA 2017 Membership Survey will be previewed by President Nancy Hauserman**

**at the April 3 Annual Meeting and presented in the May issue of *The Gray Hawk*.**

**Spring is a Great Time to Join a UIRA Special Interest Group;  
Consider One of These Lively Options**

**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)

**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 3:15, September through May, 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)

**VERY IMPORTANT MEMBERSHIP NOTICE**

**You will receive notice when your UIRA membership expires. Membership chair Lois Lembke will send out notices in May! No action is needed now, but be alert that more than 400 members who took advantage of the first three-year membership option will receive a notice to renew! There were more than 100 new members in the past year.**

**Welcome New UIRA Members**

**Ann Marie Hoffman  
Barbara Kutzko  
Philip Kutzko**

**Child Health Specialty Clinics  
College of Medicine  
Department of Mathematics**



University of Iowa Retirees Association

**BOARD OF DIRECTORS 2016-2017  
(year term on board expires)**

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Director (2019)  
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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--April 11, May 9, June 13.*