

From the President's Desk

Nan B. Erickson



Hello, MURA Members!

July 1 marks the annual change in MURA leadership. Jack Miles now serves as past president, while Armon Yanders begins his term as President-Elect, and I will serve as your president. To the

right is a list of the 2011-012 officers and board members.

Jack Miles' mentoring this past year has meant more to me than words can say. Additionally, Jack's energy and efficiency led our Board through transitioning two positions which have been masterfully handled by two talented members. Tom Freeman, editor, was honored in our February **NEWS**, and a tribute to Ernest Hildebrand is on page 4. Their years of service total 17, and the MURA Board is very grateful for their generosity and talents.

This year, MURA is offering several *new* activities: (1) day trips [short & sweet]; (2) a mid-summer social on Thursday, July 14; and (3) special evenings of dinner and entertainment in September and October. John Parker, Chair of the newly formed Education and Entertainment Committee, will provide details later. These activities, plus OSHER's agenda, offer many opportunities for fun and learning. Check out the list on page 7 [Refrigerator Art!] and invite a retiree friend to join you.

Armon Yanders is also our Program Chair, and we welcome your suggestions. Please contact us. Armon's phone is 573-817-1238, and mine is 573-999-4363.

From the Near Side . . . Valerie Goodin, editor

Etch-A-Sketch is a versatile toy that has been around since before my daughter was a child--she's 32. The newest version is called "Free Style," and, along with its portable predecessors, still attracts budding artists from 2 to 82. In honor of this July 12, 1960 invention, some sketches have been used throughout **MURA NEWS**. . . .valeriegoodin@gmail.com . . .



2011-2012 MURA BOARD

Officers

- Nan Erickson, *President*
573-999-4363
- Armon Yanders, *President-Elect*
573-817-1238
- Charmian Boyle, *Secretary*
573-875-6551
- Gary Zwonitzer, *Treasurer*
573-445-6198
- Ken Hutchinson, *Membership*
573-445-1694
- Roger Mitchell, *Faculty*
573-443-4244
- Barbara Rothenberger, *Faculty*
573-446-3262
- Bob Stewart, *Faculty*
573-239-1494
- Ken Hutchinson, *Staff*
573-268-1148
- Darlene Miles, *Staff*
573-881-8868
- Phil Shocklee, *Staff*
573-445-3958
- Jack Miles, *Past President*
573-356-0088

Standing Committees

- Awards, Darlene Miles
573-881-8868
- Communications, Valerie Goodin
573-823-3394
- Education & Entertainment, John Parker
573-442-5215
- Financial, Gary Zwonitzer
573-445-6198

continued on page 7

Awardees Honor Mizzou With Service

The Chancellor's Retiree Luncheon, May 26th, honored two special volunteers for their ongoing service.

Judith A. Cunningham retired from the College of Education in 1999, and continues a lifelong habit of giving! Supporting education is a primary target of Judy's kindness.

The Jacob M. & Annie D. Cunningham Education Fund, endowed by Judy, meets the needs of MU students dedicated to working with young people who have learning difficulties. Sixteen students have benefited.

Another endowment enables doctoral students in math education to attend significant meetings to further their professionalism. Six students have benefited from this gift.

Judy serves her alma mater, Columbia College, on the Board of Trustees, and she has established a faculty professional development program. Active in the First Christian Church, Judy is an elder, a member of the Administrative Board, and Chair of the Church and Society Department.

Judy's humanitarianism includes the Church's refugee program. She helped settle a Vietnamese family in Columbia and resettled a family from Bosnia. Recently she led resettling two Liberian women and helped assist one with her health issues.

Other organizations that have enjoyed Judy's generosity are Voluntary Action Center, Missouri Theater, Missouri Symphony Society, Central Missouri Food Bank, True



Photo by Rob Hill

2011 Retiree of the Year awardees pose with Deputy Chancellor, Michael Middleton, center. Judith Cunningham, staff awardee, and John Parker, faculty recipient were honored for their service at the Chancellor's annual retiree luncheon on campus.

North Women's Shelter, and Coyote Hill Children's Home.

John R. Parker retired from MU Extension in 1996. Since then, his retirement portfolio has touched numerous avenues of service.

His efforts in founding the lifelong learning program at MU, and its subsequent affiliation with the Osher Institute, is only one major accomplishment.

John also serves First Presbyterian Church as an elder and a member of the Board. Additionally, he works to advance the outreach and service ministry as well.

Since retirement, John has served as the liaison between Extension and retirees of Extension. He brought many programs to retirees throughout the state, and was instrumental in developing an on-going publication for Extension

retirees entitled, Life After Extension.

John is a dedicated member of MURA, having served on the Board, planning the monthly breakfast programs, and chairing a new committee, Education and Entertainment. The Friends of Music and the Boone County Regional Library Foundation have also benefited from his active involvement.

In retirement John continues to develop relationships in Thailand with educational leaders. These relationships offer MU retirees opportunities for international teaching experiences in Thailand.

MURA Musings

March, 1990 -- 200 retirees met, approved a provisional constitution and elected a slate of officers and directors.

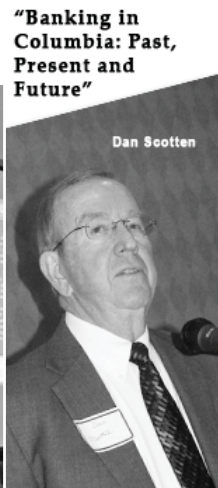
HIGHLIGHTS



▲ Kelley Stuck, MU System Associate VP for Total Compensation, addressed members at the March business meeting.



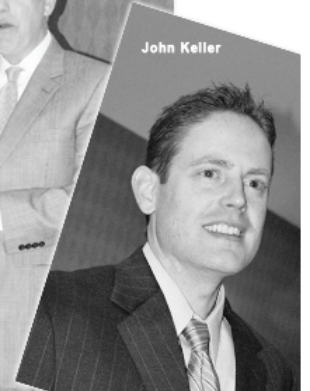
Professor Wayne Anderson provided the March breakfast program. ▼



“Banking in Columbia: Past, Present and Future”



April 5 Breakfast Meeting

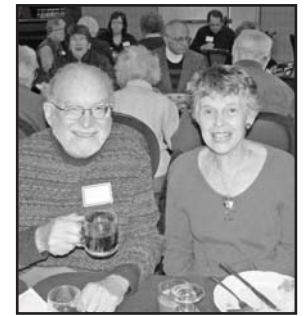


◀ Board members meet to consider MURA projects and review financial plans.

Monthly breakfast programs are held at Jack's Gourmet on the Business Loop. ➤



Members and guests enjoy good food and camaraderie at the March breakfast. ▼



Welcome Desk

MURA members provide a great service for Mizzou when they staff the welcome desk in the lobby of the Reynolds Alumni Center. This service opportunity was arranged several years ago between MURA officers and the Mizzou Alumni Association, which helps coordinate the schedule.

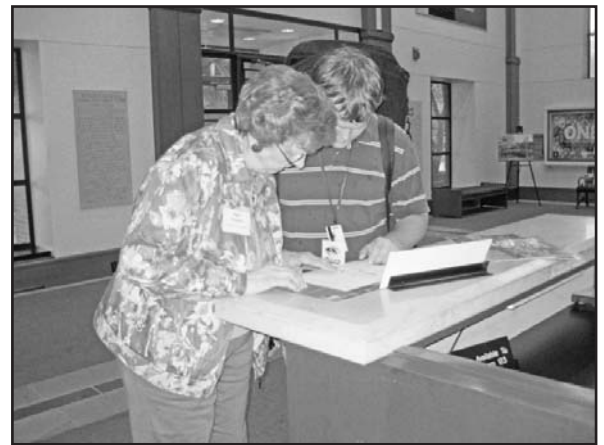
MURA members volunteer to staff the desk in 4-hour shifts, welcoming students, parents, dignitaries and visiting campus guests. Scheduling is arranged through Ann Carter of the MAA staff.

Ann has prepared a comprehensive, up-to-date book of directions, phone numbers, and procedures for members to use in answering questions that guests often ask. Name tags are provided for each MURA member to wear while volunteering.

Volunteers are expected to warmly welcome guests and provide directions



▲ Sue Troutner greets guests as they enter the Reynolds Center. ▲ After helping a visiting music student find the Loeb Group, Sue enjoyed her free lunch at the University Club on the 2nd floor.



as requested by individuals entering the building. Since this isn't a constant activity, volunteers may bring a book or project to work on, between greeting guests. In addition the University Club provides a complimentary lunch for volunteers, before or after their service hours.

Members have reported the enjoyment they feel in providing this special volunteer service. You never know who you will have a chance to meet or re-meet!

For information, call Gary Smith, 573-777-2399, or call Ann to schedule a shift, 573-882-6611.

MURA Begins 5th Year of Monthly Breakfast Programs

Yes, it's true! Our September 6, MURA breakfast program begins the 5th year of monthly programs, providing entertainment and information, while we enjoy a hot breakfast.

Chancellor Brady Deaton will kick off the season. Dr. Deaton will share remembrances of his Peace Corps experiences and will discuss some changes that have taken place in Thailand since his assignment there.

The fall line up includes:

September 6, "Remembering My Peace Corps Days in Thailand," Dr. Brady Deaton, MU Chancellor

October 4, "George Caleb Bingham and the Civil War," Dr. Joan Stack, Curator of Art Collections, State Historical Society of Missouri

November 1, "Order in the Court," Judge Frank Conley, a well known circuit court judge who has tried over 200 murder cases during his esteemed career

December 6, "So You Want to be the Voice of the Tigers: My Career in Broadcasting," Mr. Mike Kelley, sports announcer for the Missouri Tigers

We will continue meeting at Jack's Gourmet Restaurant, with breakfasts starting at 8:00 a.m., followed by the program. The cost of the breakfast is \$8.00, including tax and gratuity. The cost of the program is priceless.

Reservations can be made by calling G. B. Thompson at 445-4339 or by emailing him <gbt4cd@mizzou.edu>.



*John Parker
Chair
Education and
Entertainment*

Salute to Ernest Hildebrand

MURA owes Ernest Hildebrand a very big debt of gratitude for his many hours of service as our membership chairman. Ray McClure, MURA's first membership chair, recognized Ernie's expert computer skills when Ernie became a life member in July, 2000. Ray immediately utilized Ernie's skills to computerize MURA membership records.

Subsequently, Ernie served 11 years as membership chairman. Ernie improved MURA's communications through use of email to keep members current on meetings and events. He developed cooperation with University personnel to share the MURA story with prospective retirees. And, because of his dedication MURA now has e-mails for almost half its members.

Throughout this time Ernie also served as a member of MURA's Board of Directors and has been a generous donor to our Holiday Luncheon. Each year, his fine, hand-crafted wooden pieces are very popular items with our guests. And, each month he volunteers to staff the welcome desk in the Reynolds Center.

Ernie's excellent work has required many hours of his personal time, year-round. This generous volunteer was recognized with the 2009 Chancellor's Retiree of the Year award for his outstanding service to the University and to the community.

Thanks, Tiger!

G. B. Thompson
Past President
on behalf of the
MU Retirees Association



Honors for Past President

June 18th marked the 50th wedding anniversary of MURA past president, Jo Behymer, and husband, Wayne. To honor this milestone, friends have created a special endowment to provide college funds for Education Ambassadors or former Ambassadors' children or grandchildren. This surprise was announced at the couple's anniversary celebration in Columbia.

Friends wishing to contribute may send checks, payable the University of Missouri, to Gwen Robbins, Director of Development, College of Education, 113 Hill Hall, Columbia, MO. 65211. Note on memo line: Behymer Ambassador Fund.

Byte Me

Going green? Want to learn about special opportunities? E-mail and Web sites are the answer to speedy, low-cost communications. To save money, energy and resources, MURA can communicate by e-mail and provide information in a timely manner.

If you have an e-mail address please include it with your membership renewal or send it to the Communications Chair. E-mail her at <valeriegoodin@gmail.com>.

A Service Update

University Benefits

It is simply not possible to design a retirement plan that meets the objectives for all employees and the University. That sums up the momentous task that faced the Special Retirement Advisory Committee, established in November 2010.



*Kelley Stuck
Associate
Vice President
Total Compensation
UM System*

The committee, representing active and retired faculty and staff from all campuses and the hospital, conducted an extensive study of the retirement issues within its charge. Following months of additional fact gathering and intense deliberation, they reached consensus with respect to a final recommendation and presented their report to the UM Board of Curators at their March meeting. The recommendation would impact only new employees and would not impact retirement benefits for current employees and retirees.

More than 20 presentations were given to employees and retirees in April and May. Links to both the recommendation and a lengthier Q&A document are online, <http://www.umsystem.edu/ums/hr/benefits/retirementplan-project>. The report itself is only 7 pages and does an excellent job of reviewing the findings and recommendations. It discusses the complexity and difficulties inherent in attempting to weigh and balance numerous real and competing interests. The awareness by committee members that any decisions made as a result of their deliberations will have significant and lasting impacts on both the University and its employees, made their discussion even

'Aging in Place' - A Model Alternative

America's 75 million senior adults are facing decisions about where and how to live as they age. Current options for long-term care, including nursing homes and assisted-living facilities, are costly and require seniors to move from place to place. At Mizzou researchers have found that a new strategy for long-term care called Aging in Place is less expensive and provides better health outcomes.

"Adults want to remain healthy and independent during their senior years, but traditional long-term care often diminishes seniors' independence and quality of life," said Marilyn Rantz, professor in the Sinclair School of Nursing. Aging in Place enables older adults to remain in the same environment, receive supportive health services as needed, and avoid relocating to nursing homes.

The conventional sequence of long-term care forces older adults to move from their homes to senior housing, to assisted living and eventually to nursing homes as their health and abilities decline. The Aging in Place (AIP) model provides services and care to meet residents' increasing needs and includes a combination of personalized health services with nursing care coordination.

In a four-year analysis of AIP, the to-

tal care costs for residents were thousands less than traditional care options. Costs for living and health care never approached the costs for nursing homes and assisted-living services. In addition, AIP residents had improved mental and physical health outcomes. "The goal is to restore people to their best possible health so they can remain independent," Rantz said. "Once they are healthy, the additional care services are removed in order to minimize costs.

AIP is used at Tiger Place, an independent living community that helps senior residents stay healthy and active to avoid hospitalization and relocation. Residents receive care services as they are needed and where they want them - in the privacy of their apartments.

MU researchers use sensors, computers and communication systems to discreetly monitor residents' health. Motion sensor networks detect changes in behavior and physical activity, including walking and sleeping patterns. Identification of changes can prompt interventions that can delay or prevent serious health events.

Tiger Place is a joint project of the Sinclair School of Nursing and Americare, a long-term care company.

used with permission

CONTACT TIGER PLACE IN COLUMBIA, MO., CALL, 573-256-4620.

weightier.

The report, published in March, was forwarded to the Retirement and Staff Benefits Committee who endorsed their findings and recommendation. The Board of Curators had the resolution as an action item on their June agenda.

MIZZOU ALUMNI
ASSOCIATION

The Mizzou Alumni Association cordially invites all retirees to attend the University of Missouri's 100th Homecoming celebrations, October 14-15, 2011. Join friends for the excitement of "A Century of Coming Home."

ON THE SENIOR SIDE

The Aging Front

A Perspective

Ann Gowans
MURA Board
Member



For many years I have chaired The Boone County Senior Board, serving the Boone County Commission in their quest to improve the lives of our aging citizenry. Our board consists of one member from each township in the County. Our charge is to monitor the services that reach these folks and try to insure that services are useful and accessible. One focus is long-term care with the availability of services regarding home care.

A recent article in the AARP Magazine was about setting up a community within neighborhoods to supply services that might be needed by residents, including home care, chore services, property upkeep and medical monitoring, among

others. The concept began in Boston's Beacon Hill neighborhood in 2001, when a group of residents founded a nonprofit called Beacon Hill Village, to help them remain in their homes, instead of moving to a retirement community or nursing home. Our Board has been following this group and others like it.

It works like this: members pay an annual fee (avg. ~ \$600) in return for services such as transportation, yard work, bookkeeping, etc. One or two Village employees act as liaisons to community volunteers and services such as home maintenance contractors, many of whom offer discounts. The mix of paid and volunteer help extends life at home for residents.

The Village to Village Network (VtV) offers information on organizing your own village. Call, 617-299-9638, or see website, <http://www.vtvnetwork.org/>. It is a good idea to start planning for your own version of home care well before you might need it.

Take good care now and for your future.

Movies for Grownups

...that's what AARP calls them -- their 'top 10' list of movies that appeal to seniors. The appeal may come from the story line. It may also come from some of the lead actors who are aging as marvelously as MURA members!

Here is a list of the top 10 recent choices. Check off the ones you've seen, and check out the rest.

- Another Year
- Casino Jack
- City Island
- The Company Men
- Get Low
- The Kids Are All Right
- The King's Speech
- Letters to Juliet
- RED
- Secretariat

A synopsis of each is available through the AARP Web site: <http://www.aarp.org/entertainment/movies-tv/movies-for-grownups-awards/>

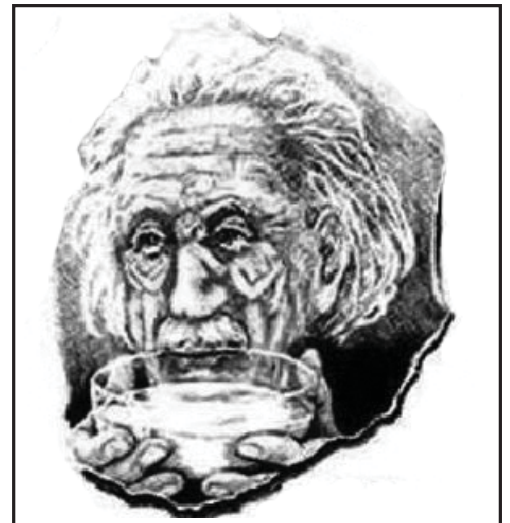
You're Never Fully Dressed Without a Smile. . .

In the waiting room for my first appointment with a new dentist, I noticed his full name on his DDS diploma. I suddenly remembered a tall, handsome, dark-haired boy of the same name from my high school class, some 30+ years ago. Could he be the same guy that I had a secret crush on then?

Upon seeing him, however, I quickly dismissed that thought. This balding, wrinkled man, with glasses and a slight slump was too old to have been my classmate.

But curiosity got the better of me, and I asked him if he had attended Morgan Park High School. 'Yes. I did,' he gleamed with pride. 'When did you graduate?' I asked. He replied, 'In 1975. Why do you ask?' 'You were in my class!' I exclaimed. He looked at me closely. Then, that ugly, balding, wrinkled, antique asked, 'What did you teach?' ☺

The quickest way for a parent to get a child's attention is to sit down and look comfortable.



The Mind's Eye: Can you find the three women in this drawing? →

REFRIGERATOR ART

Cut and post on your refrigerator!
Details to follow.

Mid-Summer Social

Thurs., July 14, 2011, 4:00-6:00 p.m., Reynolds Alumni Center

Fall Social

Wed., Oct. 12, 2011, 4:00-6:00 p.m., Reynolds Alumni Center

Fall Information Meeting

Sat., Nov. 5, 2011, 9:30 a.m.-Noon, Reynolds Alumni Center

Holiday Luncheon

Sat., Dec. 10, 2011, 10:30 a.m.-1:30 p.m., Reynolds Alumni Center

Winter Social

Thurs., Feb. 2, 2012, 4:00-6:00 p.m., Reynolds Alumni Center

Annual Business Meeting

Saturday in March [TBD] 2012

To receive last minute changes and special event information, please send your name and e-mail address to the editor. E-mail her at valeriegoodin@gmail.com.

Parking Permit Parking Permit

MURA Summer Social
Thursday, July 14, 2011
Donald W. Reynolds Alumni Center
4:00 - 6:00 p.m.
Complimentary parking permit to park your car
in the Turner or Conley Street Garages.

Print Driver's Name _____

Parking Permit Parking Permit

SIGN AND PLACE ON DASHBOARD FACING FORWARD.

continued from p. 1... MURA Board

- Governmental Affairs, Ken Schneeberger 573-443-4605
- Membership, Ken Hutchinson 573-445-1694
- Nominating, Jack Miles 573-356-0088
- Ombudsman, Patsy Higgins 573-642-2889
- Program, Armon Yanders 573-817-1238
- Retirement, Health & Other Benefits, Al Hahn 573-268-8464
- University Liaison, Jo Behymer 573-442-6783

Ex-Officio

- Historian, G. B. Thompson 573-442-6783



RETIREES ASSOCIATION

MID-SUMMER SOCIAL Thursday, July 14, 2011

- Time:** 4:00-6:00 p.m.
- Where:** Great Room, the Reynolds Alumni Center
- Cost:** \$7 for University Club members;
\$8 for non-University Club members
- Menu:** Buffet hors d'oeuvres and cash bar
- Reservations:** Phone the University Club at 882-2586

This Mid-Summer Social is a special opportunity for members to visit with each other. Bring guests and introduce them to all the activities MURA offers.



University of Missouri
P.O. Box 1831
Columbia, MO 65205-1831

NON-PROFIT ORG.
U.S. POSTAGE PAID
University of Missouri

Look below the return address to see if your membership dues are current.



Renewal Retirement year Title: Dr. Mr. Mrs. Ms.
Dept. from which you retired:

LAST Name FIRST Name MIDDLE Initial

HOME MAILING Address Street & number City State Zip+4

HOME Email Phone

ALTERNATE MAILING Address Street & number City State Zip+4

ALTERNATE Email ALTERNATE Phone

- Check all that apply for membership(s).
Retired staff Retired faculty Spouse
Pre-retiree Pre-retiree Spouse

Total enclosed = \$
for membership[s].

Make your check payable to MURA, and send it, along with this form, to:
MU Retirees Association
P.O. Box 1831
Columbia, MO 65205-1831



- 1st year, compliments of MURA. \$0
Annual membership. \$7.50
Life membership. \$75.00