



Dear MURA members:

MURA will close out the first half of the 2015-16 year with our luncheon on Saturday, December 19, 2015 and we hope you will be able to join us for this special 25th anniversary event.

The past several weeks at the University of Missouri have obviously been tumultuous ones culminating with the departures of President Tim Wolfe and Chancellor Bowen Loftin and subsequent naming of Michael Middleton and Hank Foley in their respective interim roles. Whether one is speaking or communicating with those of us in Columbia or any part of the world, everyone seems to have an opinion about what did or should have happened during those days.

Like many of you, I was here on campus during the protests associated with Viet Nam, the aftermath of Watts, the assassinations of Martin Luther King and Bobby Kennedy, apartheid issues in South Africa, and probably some other challenging times I have missed. As a people's university envisioned by Thomas Jefferson as well as a land grant university dedicated to the working classes of society, it would not be unexpected for me to see these periodic social upheavals represent a microcosm of greater issues within our society. I do hope that in the coming days, we as a university community can find reconciliation and healing. While we have been again tested, it is my hope the university will continue to remain the resilient institution it has been for the past 176 years.

Higher education institutions have been accused from time to time for being deliberate in our ways. We have proof of that assertion by sharing the fact that our current board recently approved a general motion to create a MURA-endowed scholarship program that was first discussed 25 years ago. An ad hoc committee chaired by Earl Wilson is now proceeding to establish more specific guidelines to bring to the board after input from campus financial aid and advancement offices on the best opportunities and practices for our organization to consider.

If finally approved, the scholarship fund would provide a very visible way for our members to contribute to the future of a set of scholars and provide needed support to MU. As we proceed on this effort, we will keep our membership apprised of this opportunity awaiting MURA during our anniversary year.

Mention of the anniversary brings to mind our celebration of 25 years of service. During our first social of the year at Mizzou North, 83 members began the festivities with a champagne toast and ribbon cutting performed by the Columbia Chamber of Commerce in the Museum of Art and Archaeology galleries.

According to the program committee, it is anniversary toast if champagne is involved but can become a birthday celebration if a cake is cut and shared. Nearly 100 members heard a presentation at the Fall information meeting from Provost Garnett Stokes that reflected her first seven months on campus. In addition, Ms. Kelley Stuck, now Interim Vice President for Human Resources, also updated members on the status of the retirees' medical/health benefits study. Gary Smith closed the meeting by sharing some of the efforts of the MURA boards during the "early years." The program was followed by the sharing of a celebratory cake in honor of our anniversary.

For members interested in the world of governmental affairs, your public policy committee, chaired by Mary Anne McCollum and assisted by Gary Smith, held a special breakfast program on "Perspectives on the 2016 Legislative Session. Four members of the Boone County delegation spoke to 55 members on November 18th at the Country Club of Missouri. In addition to an insightful meeting, MURA received follow up coverage in the Columbia Tribune for this effort.

Please keep an eye out for our continuing, first Tuesday breakfast programs led by John Parker at the Country Club of Missouri.

By the time this email letter gets to you, the Heart of America United Way campaign will be drawing to a close. As I finish this letter, MU/UM retirees have again been very generous to date with their giving and have exceeded our campus goal again this year. With the holiday seasons rapidly approaching, I hope this kind of news brings joy to your heart as it does to those families that you have helped.

Thomas G. Henderson

Tom Henderson, President, MURA

**Don't miss
the 2015
MURA
Holiday
Luncheon on
December 19
...see all the
details on the
next page!**



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MU Retirees Association (MURA)

Featuring **Kee Groshong & Jackie Jones**, former Vice Chancellors for Administrative Services presenting:

The Rest of the Story (or at least how we remember it!)

A look back at lesser known parts of better known stories around MU!

HOLIDAY LUNCHEON

Saturday, December 19, 2015

Reynolds Alumni Center

10:00 - 11:30 a.m.

Meet, greet, sip and sing

11:30 a.m. - 1:30 p.m.
Luncheon

\$25 per person
Paid reservations due by December 10

Make checks payable to MU Retirees Association.

Send checks with reservation form below to Rex Waid at the address on the form.

Please remember to mark your entrée choice on the form.

This year, Rod Gelatt's quiz will focus on the last 25 years for MU and beyond.



Also
"Santa's gifts" door prizes



Celebrating MURA's 25th Anniversary!

SANTA'S GIFTS NEEDED!

It is time to think about the upcoming MURA Holiday Luncheon on December 19 and the annual tradition of "Santa's gifts." Please pledge your gift(s) for the drawing which will be held during the luncheon. Some examples of gifts shared in the past include wines, MU memorabilia, gift certificates, artworks, crafts, books, ice cream, and floral arrangements. Any and all gifts will be appreciated.

If you would like to participate in this tradition, please provide Nan Erickson with a description of your gift at 573-999-4363 or email her at ericksonrcnb@mchsi.com.

Please contact Nan before Wednesday, December 16.

MURA Holiday Luncheon Registration Form – Due Dec. 10

Send with check for \$25/person payable to "MU Retirees Association" to:

Rex Waid
2407 Stratford Chase Parkway,
Columbia, MO 65201

Name of attendee #1: _____

Name of attendee #2: _____

Address: _____

Phone: _____

E-mail address: _____

Attendee #1 entrée choice:

___ chicken
___ salmon
___ vegetarian

Attendee #2 entrée choice:

___ chicken
___ salmon
___ vegetarian

P.S. Dessert is back this year by popular demand. ☺

Announcements!

MURA Breakfast Lectures continue in January

As usual, we'll be meeting at the Country Club of Missouri, with breakfast starting at 8:00 a.m. The cost of the breakfast is still \$9.00, including tax and gratuity. Make your reservations by calling Jack Miles at 445-5024 or by email to milesjw@missouri.edu.

The spring schedule can be found on the back cover of this newsletter under upcoming events. Hope to have you join us!

The MURA E and E Committee

Osher Lifelong Learning Institute Announces Winter Session



Calling all over-50 adults who want to learn, network, and stay engaged! The Osher Lifelong Learning Institute's Winter Session begins Monday,

January 18th with a wide assortment of courses, seminars, and films on topics that complement the interests, concerns and lifestyles of the over-50 adult. Brought to you by MU Extension and the Bernard Osher Foundation, Osher offers fall, winter, and summer programs where you can learn the latest on science, literature, philosophy, media, art, current local issues, and much, much more. Information on Osher, including the most current catalog of events can be found at: **extension.missouri.edu/osher**. You can also find Osher in Facebook. Simply open Facebook and make "Osher at Mizzou" one of your favorites!

MURA Treasurer's Report

So far this fiscal year, from July 1 to October 15, operating receipts have been \$837.34 and disbursements \$1,970.21. In addition, attendee registration fees for the 25th anniversary celebration event at MU's museums were \$1,026. Catering charges for this event are still pending. On October 15, 2015, MURA's cash balance was \$5,985.09 and the Lifetime Members Reserve Investment account balance was \$81,015.61.



The Aging Front by Ann Gowans

As we study and begin to understand the process of aging, we are discovering that our brains have a very strong influence on how, and

when, the rest of our body ages. The brain is, in fact, the key regulator of lifespan.

Three interventions have proven to be effective in modifying brain aging. These are; modest exercise, caloric reduction, and eating a varied and colorful diet. Remember that everything we consume, including drugs, can have an effect on how we think and feel.

Recent studies have confirmed that coffee consumption may lower the risk of developing Parkinson's and Alzheimer's disease. This requires us to drink from five to six cups of coffee daily for many years and is most beneficial to males. We all, however, tend to live longer if we drink a substantial amount of coffee every day. Caffeine (from tea or coffee) improves our performance with attentional skills.

Another recent study confirmed that taking one puff, yes only one puff, of marijuana a day, is good for our brains. It may, in fact, slow the progression of a specific set of age-related brain diseases, especially Parkinson's, Alzheimer's and Huntington's diseases. This works best on those who are old as opposed to younger folks.

Watch your weight. Obesity leads to body-wide chronic inflammation which may predispose us to depression and dementia. The Mediterranean Diet has been associated with a lower risk of depression and other diseases. Fad diets are not good for us. We need both protein and carbohydrate in our daily intake. We also need water, fiber, fruits and vegetables, especially legumes. Skip the various therapies that are so popular in the press today. Beware the "Snake Oil" effect.

The following things are good for our brains and bodies. These include moderate beer consumption, cinnamon, curcumin (hot spice), chocolate and any colorful fruit or vegetable. Also keeping the mind as active as possible, getting a lot of sleep, and moderate aerobic exercise, such as walking.

To close, the best thing you can do for your overall health is to hug those you love and enjoy. The hormonal response is the most beneficial thing you can do for your overall health.

Cheers and have a great winter season!

MURA's Night at the Museum



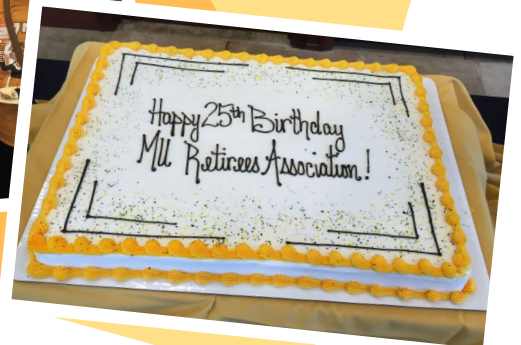
The MU Retirees Association had its first event to celebrate the group's 25th anniversary in September 2015. About 80 members enjoyed the occasion at the Museum of Art and Archaeology's new location in Mizzou North, beginning with Rod Gelatt leading the champagne toast. Columbia Chamber of Commerce Ambassadors highlighted the occasion with a ribbon cutting, with assistance from Tom Henderson, MURA president, and Kitty Dickerson, president-elect. A short program featured Alex Barker, Director of the Museum, and Bill Bondeson, professor emeritus and long-time supporter of the arts. Barker and Bondeson told MURA members about the early history of the museum and its role in MU's academic mission. (Photos by William Fisch)



MURA's Fall Information Meeting

With nearly 100 retirees present, this September 26 meeting featured Provost Garnett Stokes, who shared her perspective on MU academics. Kelley Stuck gave the latest update on discussions regarding retiree medical plans, and Gary Smith shared information from MURA's early history as gleaned from the MU Archives. At the end of this meeting, attendees enjoyed a birthday cake to celebrate MURA's milestone.

(Photos from various sources)



MURA's Inaugural Legislative Breakfast



About 50 MURA members attended MURA's first legislative breakfast on November 18, an event geared toward our organization being more involved with and seeking to influence the legislature in support of the University. Reps. Chuck Basye, R-Rochepoint, Stephen Webber, D-Columbia, Caleb Rowden, R-Columbia, and Kip Kendrick, D-Columbia, were in attendance with all four predicting a difficult year ahead in the legislature, including significant public relations challenges for the University overcome. (Photos from various sources)





Update on Retiree Medical Benefits

by Kelley Stuck, UM Interim Vice President for Human Resources



Dear University of Missouri Retirees,

The Total Rewards staff have been busy this fall with Annual Enrollment for active faculty and staff and preparing for Retiree Annual Enrollment. Your retiree medical coverage will remain with Coventry Health Care this year, even though the active faculty and staff medical insurance will transfer to United

Health Care. The Annual Enrollment packet that you received includes information on the changes for this year.

Over the past year, I have been sharing information with you regarding the Retiree Medical Study. It is hard to believe nearly nine months have passed since then-Vice President of Human Resources Betsy Rodriguez and I traveled the state to meet with retirees, including many of you here in the Columbia area, to hear your thoughts regarding our retiree medical coverage. Those listening sessions continued to guide the work that we did throughout the spring and summer in evaluating our current plan and drafting recommendations for your university medical coverage.

UM leadership is committed to continuing to offer insurance coverage to current retirees, covered spouses, and covered dependents, with university subsidies provided at the same percentage they are now. Many new retiree medical options have emerged since the university's retiree medical program was developed over 50 years ago. Therefore, we have recommended that the university issue a Request for

Proposals (RFP) to discover what alternatives might exist. We are currently crafting a Request for Proposals (RFP) for third-party vendors to bid for a new retiree insurance package that will offer the same or better quality and value as what retirees have now. This process has no impact on your 2016 benefits.

Any changes to the retiree insurance program will in no way affect retirees' pension plans. The pension program is stable and well-funded. To review the steps we have taken throughout the Retiree Medical Study, you can visit the study webpage: <http://umurl.us/TRTFrec5>. And as always, you can contact the UM Retirement Program with questions at (573) 882-9810, toll-free at (800) 488-5288, or via email at retirement@umsystem.edu.

I also want to take a moment to remind you that retirees covered under one of the university medical plans can receive a free flu shot annually. If you haven't already done so, [check our schedule](#) of flu shot clinics and get your shot soon. No appointment necessary! If one of the university-sponsored events does not work, you have a few other options—you can see your healthcare provider or pharmacy offering the vaccine. If you are in the Columbia area, you can visit a Mizzou Quick Care Clinic in any of the three local Hy-Vee grocery stores. At your healthcare provider or a Quick Care Clinic, the expense is covered under our insurance. If you receive one at a pharmacy, you will pay for the shot and be reimbursed by filing a claim with Coventry.

I hope you enjoy the holiday season, and best wishes for the new year!

Don't forget to renew your MURA membership for 2016, or perhaps consider a lifetime membership!

MURA Membership Year is Jan. 1 - Dec. 31

Retirement year _____

LAST
Name _____

FIRST
Name _____

MIDDLE
Initial _____

SPOUSE
LAST [if also joining] _____

FIRST
Name _____

MIDDLE
Initial _____


MAILING
Address _____
Street & number or P.O. Box _____ City _____ State _____ Zip+4 _____

My
E-mail _____ Spouse
E-Mail _____

Home
Phone _____ Cell
Phone _____

Check all that apply for membership(s).
☐ Staff ☐ Faculty ☐ Extension Personnel
☐ Spouse ☐ Other _____

Total enclosed = \$ _____
for _____ membership[s].


**Retirees
Association**

☐ NEW Retiree in 2015 FREE w/2016 year . . \$7.50
☐ Annual Renewal. \$7.50
☐ Life membership. \$75.00

Make your check payable to
MURA, and send it, with
this form, to:

MU Retirees Association
P.O. Box 1831
Columbia, MO 65205-1831



2016 Chancellor's Retiree of the Year Awards

NOMINATION FORM

Past Recipients

Year	Faculty	Staff
1990	Ernest M. Funk	Albert J. Flischel
1991	Veralee B. Hardin	Jerome & Marie Mason
1992	Robert S. Daniel	George Brooks
1993	Charles W. Gehrke	Allan W. Purdy
1994	Adolph E. Schroeder	Anthony W. Lampe
1995	C. Melvin Bradley	Russell Dale Cook
1996	Dale Sechler	Paul Rexroad
1997	Betty Crim	W. E. (Bill) Moyes
1998	Robert Breitenbach	Betty Cook Rottmann
1999	Nelson Trickey	Martha Sue Dailey
2000	Walter Wilkening	Ray McClure
2001	Ross Swofford	Ola Mae Taggart
2002	Thomas G. Brown	Elizabeth Bailey
2003	Emma Jean McKinin	Sue Tucker Troutner
2004	John L. Mowrer	Nina Hiler
2005	Jo Behymer	Darlene Miles
2006	Verna Rhodes	Darlene Schroeder
2007	Max Miller	Gary L. Smith
2008	Rod Gelatt	Georgia Morehouse
2009	James E. Creed	Ernest Hilderbrand
2010	Robert T. Marshall	Joyce Lake
2011	John Parker	Judith A. Cunningham
2012	Robert Blake Jr.	Judy Olson
2013	Bob Stewart	Jack Miles
2014	Don Day	Phyllis Miller
2015	George Kennedy	Susan Turner

Begun in 1990, the Chancellor's Retiree of the Year Awards focus on the accomplishments of former employees, after their retirement. These accomplishments may involve volunteer service to the University, civic and welfare services, career and professional activities, or other noteworthy achievements. Accomplishments prior to retirement are not considered in the selection process.

Two awards will be given: one to a faculty member and one to a staff member. Each award includes a plaque and a \$1,000 check.

Criteria for Candidates

- Nominees must have retired from the University before January 1, 2011.
- Recipients are expected to attend the annual Chancellor's Retiree luncheon to receive the award.
- Retiree Advisory Committee members are not eligible.

Nomination Process

To nominate or re-nominate a retiree, please complete the form below and:

1. Prepare a letter with the following information:
 - a. Nominee's extraordinary accomplishments since retiring,
 - b. Personal and background information about the nominee,
 - c. Summary – most important reason(s) why you believe the candidate should receive one of these awards.
2. Attach 3 letters of support from others who know the nominee.

Candidate's Name: _____

☐ Faculty ☐ Staff Year of Retirement: _____ MU Dept. at time of Retirement _____

Mailing

Address: _____

Home

Phone: (_____) _____ E-mail Address: _____

Nominator:

Name: _____ ☐ Faculty ☐ Staff ☐ Student ☐ Alum ☐ Retiree ☐ Community

Mailing

Address: _____

Home

Phone: (_____) _____ E-mail Address: _____

Nominator's

Signature: _____

Please return form and information by **March 1, 2016** to:

University of Missouri

Auxiliary and Service Operations

Mary Maxwell/Retiree Awards

304 Jesse Hall

Columbia, MO 65211

Check List of Nomination Materials

- ☐ 1. Completed Nomination Form
- ☐ 2. Letter of accomplishments, including
 - *Service to MU, volunteer civic and welfare service, professional and noteworthy achievements
 - *Background and personal information
- ☐ 3. Three (3) letters of support from others who know the nominee



MU Retirees Association

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID

University of Missouri

Upcoming Events

MURA Holiday Luncheon

December 19, 2016
10:30 a.m.-1:30 p.m.
Reynolds Alumni Center
Pre-paid reservations required.

Spring Social

Date TBA
Probably mid-April 2016

Ray Schroeder Spring Picnic

May 11, 2016
10:30 a.m.-1:00 p.m.
Twin Lakes Shelter
Pre-paid reservation required

Chancellor's Retirees Luncheon and Resource Fair

May 20, 2016
10:00 a.m.- 1:30 p.m.
Pre-paid reservation required

MONTHLY BREAKFAST MEETINGS

8:00 – 9:30 a.m.
Country Club of Missouri
Breakfast reservations required; pay at the door.

• January 5, 2016

Dr. Lenard Politte
“New Technologies and Procedures in Medicine”

• February 2, 2016

Dr. David D. Kurpius,
Dean of the MU School of Journalism
Topic to be announced.

• March 1, 2016

Not confirmed

• April 5, 2016

Mack Rhoades, MU Director of Athletics
Topic to be announced.

• May 3, 2016

Rod Gelatt, Hank Waters, George Kennedy and Lynda Kraxberger
(This will be a production of “Views of the News.”)

MURA Electronic News

Are you receiving frequent timely electronic updates from MURA? If not, please contact MURA Communications Chair Barb Harris (harrisb@missouri.edu) to have your email address added or corrected on our distribution list. And, if you are willing to only receive this newsletter via email (saving print and mailing costs for MURA), please let Barb know that as well.

MURA WEB SITE

Visit the MURA web site: mura-missouri.com for information on events, MURA membership form, past newsletters, important links, and more!