

## From the President's Desk



**F**rom my first Presidential Newsletter sent in August, you will recall we were sweltering under a 110 degree Heat Index here in Mid Mo. Now winter has arrived in full force. Regardless of the weather, time marches on and your MURA organization is no exception. Therefore, the purpose of this Newsletter is to keep you apprised of a number of updates:

**1** By far, the most controversial issue remains the Staff Benefits anticipated changes in the MU health insurance program - a changing landscape nationally. Thus, the MURA Board invited Dr. Betsy Rodriguez, Vice President of Human Resources, UM System, to address this issue at our Board meeting on September 24. Her comments were well received. Essentially, MU is seeking a "balance" between costs and the value of benefits received. She assured Board members and our membership that the University has no intention of leaving us without service. This was subsequently echoed with my conversation with President Wolfe. Currently the University administration is actively securing information on a variety of options. There will be NO changes through 2014, but will likely occur in 2015 and 2016. It is expected to take at least a 2 year process, once decided and implemented. Additionally, Kelley Stuck, Associate Vice President for Total Rewards, spoke at the Fall Information Meeting and shared some very interesting statistics and re-iterated that no changes were announced for 2015 during Annual Enrollment but Annual Enrollment for 2016 could bring some changes but not without information sharing and discussion ahead of time.

**2** Another initiative currently underway is MU's United Way Campaign. As of this writing, the Campaign is in its fifth week and going strong. I meet weekly with all United Way representatives at the Mizzou Arena. Essentially, UMC is organized into six "Regions" or areas which categorize all departments, divisions, units, etc. within the university. Of particular interest to MURA is the Region entitled "Retired" which includes the MURA membership within a local three county area. Approximately 900 United Way solicitation letters were sent to members to inform them of the campaign. To date, I am happy to report that 74.19 % of the MURA goal has been achieved (approximately \$46,000 received for area needy.) Interestingly, of all MU Regions representing the Retirees have achieved the highest percentage rate of return to date. If you haven't contributed yet, please consider doing so. And, as a postscript to the United Way efforts, it is of

### **BREAKFAST MEETING**

Tuesday, December 2  
MU Chancellor R. Bowen Loftin  
8:00 am - 10:00 am  
Columbia Country Club

### **HOLIDAY LUNCHEON**

Saturday, December 20  
10:30 am - 1:30 pm  
Reynolds Alumni Center

### **WINTER SOCIAL**

Friday, February 6  
4:00-6:00 pm  
Reynolds Alumni Center

### **ANNUAL BUSINESS MEETING**

Saturday, May 7  
Reynolds Alumni Center

### **RAY SCHROEDER SPRING PICNIC**

Wednesday, May 13  
10:30 am - 1:00 pm  
Twin Lakes Recreation Shelter

### **CHANCELLOR'S RETIREES LUNCHEON & RESOURCE FAIR**

Friday, May 22  
Reynolds Alumni Center

### **INSIDE this issue . . .**

President Letter . . . . .	p. 2
Total Rewards . . . . .	p. 3
Tax Helpers . . . . .	p. 4
Holiday Social . . . . .	p. 4
Award Nomination . . . . .	p. 5

## President's letter continued . . .

. . . considerable significance that I share with you a note of interest. The formal Mid-Missouri "Kick Off " was held in the Carnahan Quadrangle and attended by many top University Administrators, Executive Directors of United Way, etc. To my surprise, during Chancellor Loftin's address he singled out several positive comments about the MU retirees. Then, in a personal meeting upon leaving the podium, he reiterated his plaudits of MU retirees as being the "most proactive, supportive group" of "any" university to which he has been associated!! Take note, retirees! Give yourselves a pat on the back! You deserve it! Please know that you are making a difference.

**3** Under the able direction of President-Elect and Program Chair, Dr. Tom Henderson, together with Mary Anne McCollum, MURA Governmental Affairs Chair, they are participating in a newly formed University Related Governmental Affairs Committee hosted by the Columbia Chamber of Commerce. The purpose of the committee is to facilitate a better understanding of the UM system/UMC campus legislative priorities in 2015. The thrust of this effort is to facilitate communication during the upcoming legislative session. Other members beside the Chamber and MURA include the UM Extension, Flagship Council, Alumni Association, City of Columbia and UM System/MU office of the Chancellor.

**4** Based on discussions with Dr. Rodriguez, a MURA project has been proposed to assess the value of time and talent with UM retiree contributions which give back to the university. It is believed that retirees can and do play a powerful advocate role assisting UM efforts including planning, programming, funding, legislation, etc. Current efforts underway include survey development with an anticipated distribution target of January 2015 to gather and analyze survey data.

**5** MURA has been approached by UM Psychology researchers to collaborate on a unique empirical study to assess the relationship between Problem Solving and Stress. As we all know, stress in our society is an escalating negative influence to our mental health. As research documents well, individuals may be living longer, but not necessarily better. One of the contributory factors is stress - stress of all kinds. As of the date of this newsletter is being written, I am evaluating the design of this study, IRB approval, psychometric properties of the instrument, administration, scoring, interpretation, etc. Upon a thorough evaluation and its relevance to us in particular, and society in general, we will be forthcoming with further information.

**6** MURA, University Liaison Announcement: Dr. Terry Barnes has accepted the position upon the retirement of Dr. Nan Erickson. Nan was a very positive, pivotal influence here, with the other UM campuses, in collaborative efforts with President Wolfe's office. We wish her and her husband, Dick, well. We are pleased that Dr. Barnes has accepted this important position and look forward to our collaboration.

**7** Future meeting: The MURA Holiday Social will be held December 20 at the Reynolds Alumni Center. Finally, stay tuned to the MURA Education Committee announcements of upcoming Continuing Education breakfast seminars. Under the able direction of Dr. John Parker, very informative, always well received topics of current interest are presented.

Well, I'm rambling so will close. On behalf of the MURA Board we all wish you good health and a holiday season.

James R. Koller, Ph. D.  
MURA President



*More than 40 MURA members and guests enjoyed the Fall Social on October 17.*

## Retirement Reminders from Total Rewards

from Kelley Stuck - Associate VP for Total Rewards

I am excited to highlight the addition of the Mizzou Quick Care clinics, located in Columbia, MO, Hy-Vee locations. The Mizzou Quick Care clinics will offer walk-in acute care services, which is different than urgent/emergency care. The UM plans cover these visits at the same cost to you as a primary care visit.

I also wanted to take a moment to share with you a few additional benefits available to our retirees that you may not be aware of. University of Missouri retirees have access to discounted credit monitoring through Experian's Triple Alert Monitoring. University of Missouri retirees can visit the Consumer Information Division of Experian to sign up for Triple Alert Monitoring at a reduced rate of \$3.46 per month. If you sign up using a different Experian Web site, you will not be eligible for the reduced rate. Triple Alert is an online-only product, so phone registration is not available. We have more information about this program on our website <http://www.umsystem.edu/totalrewards/benefits/credit>.

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, other options include your healthcare provider, a pharmacy who offers the vaccine or, if you are in the Columbia area, the Mizzou Quick Care Clinics also offer flu shots. At your healthcare provider or Mizzou Quick Care Clinics, the expense is covered under our insurance. If you choose to receive one at a pharmacy, you pay for the shot at the time of service and can be reimbursed by filing a claim with Coventry.

Are you interested in tracking your activity? If so, Healthy for Life has announced a partnership with University of Missouri Bookstores that will make it easier than ever to purchase Fitbit pedometers. Fitbits are a popular, wireless-enabled, wearable activity tracker devices, that measure data such as the number of steps walked, quality of sleep, and other personal metrics. They are a great way to monitor your daily activity. Through UM Bookstores, you can purchase a Fitbit Zip at the discounted price of \$45, and the Fitbit Flex (wristband) for the discounted price \$80. Visit [http://www.umsystem.edu/curators/wellness/million\\_step](http://www.umsystem.edu/curators/wellness/million_step) to find a location or purchase online.

I hope you enjoy the beautiful fall weather and if I don't see you before, have a very happy holiday season.

## The Aging Front by Ann Gowans

The term, "Aging Well", has always been a bit of an enigma to me, even though I have devoted half my life to a study of that concept. The basic strategies we all know, don't smoke, keep your weight under control, exercise regularly, socialize, keep learning and cultivate resiliency. These were borne out by the "Harvard Study of Adult Development", the longest and most comprehensive exploration ever of aging.

Two pillars of aging well were revealed by the 75 year old study. One is love and the idea that other people matter. The second is finding a way of coping with life that does not push love away. It seems that happiness during retirement was not significantly correlated with either income or health, whereas the maintenance of social supports remained all-important. With old age, and with gardens, we must remain brave enough to change the things we can; serene enough to accept the things we can't; and wise enough to know the difference. Nature grows the garden, you do not have to. The seasons change, and you accept them. There is no way that you can change the aging process, it is a vital part of the life cycle. It is accepting that fact that bestows wisdom.

Aging well is defined by the person who is getting older. Circumstances define the view at each age and stage. My 70-year old daughter would not define it the same way I do, nor did I when I was 70. Some suggestions;

Take it one day at a time. What doesn't get done on the to-do list for today, can easily be moved to the one taking shape for tomorrow. Develop real respect for the limitations of your physical self. Remember, your back, knees, heart and lungs are precious. Behave accordingly. Cultivate an attitude of gratitude. As we age, we automatically become dependent, like it or not. Grateful sure beats complaining that you can't hear, drive, see or shop any more. Show Love, Gratitude, Forgiveness, Hope and Joy on a daily basis, and life will take on a much rosier glow. When in doubt about relationships, consult the bard. Whoever he was, he knew more about people than any psychologist that ever lived. King Lear provides a model of how not to grow old.

Besides love and gratitude, aging well has something to do with forgiveness, hope and joy. Sure, healthy aging is to live a long time without disability. But more importantly aging well includes the following characteristics: caring about others; being open to new ideas; and, within the limits of physical health, maintaining social utility; and never complaining when you no longer can help others. Rather, those who are aging well show cheerful tolerance of the indignities of old age and gracefully accept dependency needs. Finally, aging well means we try to retain a sense of humor. Learning to laugh at ourselves is one of the pleasures of old age. And lastly, find a way to preserve the capacity for play. Whether it means golfing with a cart, swimming with friends, laughing at the movies or reading the comics. Remember how glorious it was to be a child and have the world before you to open every day like a present. Joy is the answer.

# MURA News

## Tax-Aide Volunteers Needed

AARP Foundation Tax-Aide offers free face-to-face help for low- to-moderate income taxpayers, with special attention to those ages 60-and-over. It is a completely free service provided by the AARP Foundation with support and cooperation from the IRS. The foundation began offering free tax services in 1968 and has grown to nearly 6000 locations nationwide. During tax season 2013 volunteers across the nation provided assistance to over million taxpayers.

Some 30 volunteer AARP tax-counselors in Columbia are re-certified annually using AARP/IRS-provided study materials and a written test program. Columbia volunteers prepared over 5,100 federal and state returns last year. The two Columbia AARP Tax-Aide sites do not, however, set specific age or income limits for those who seek tax help.

The two Columbia tax sites are located at the Columbia Public Library (Broadway and Garth) and the Missouri United Methodist Church (204 S. 9th Street). They operate from approximately February 1 through April 15 each year.

The Columbia AARP Tax-Aide program has grown steadily over the years and needs more volunteer counselors. We are seeking individuals with basic computer skills, and basic or general knowledge of tax requirements. University of Missouri Retirees currently working in the local AARP Tax-Aide program include: Jeff Chinn, Jim Frisby, Cyrus Harbourt, Ken Toler, & Charlie Touzeau.

For more information about Tax-Aide or to volunteer your services, contact: Cyrus O. Harbourt, Columbia Administrative Coordinator at [cyrus6914@gmail.com](mailto:cyrus6914@gmail.com) or 573-445-6914.

---

## HOLIDAY LUNCHEON RESERVATION FORM

DATE: Saturday, December 20, 2014  
PLACE: Reynolds Alumni Center  
TIME: 10:30 a.m. coffee and songs  
11:30 a.m. luncheon  
RSVP: Deadline, December 12, 2014

Make check payable to MURA and send with this form to:

Tom Henderson  
5305 W. Tayside Circle  
Columbia, MO 65203  
Ph: 573-817-2762  
Email: [hendersont@missouri.edu](mailto:hendersont@missouri.edu)

Guest Name #1: \_\_\_\_\_ Guest Name #3: \_\_\_\_\_

Guest Name #2: \_\_\_\_\_ Guest Name #4: \_\_\_\_\_

Menu includes salad and vegetable plus coffee and tea.

Entrée	Guest #1	Guest #2	Guest #3	Guest #4
Norwegian Salmon (\$20)				
Chicken Parmesan (\$20)				
Vegetarian Ravioli (\$20)				





# 2015 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. Gerke	Allen 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 Brietenbach	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

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, 2010.
- 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 renominate 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.

**Candidate's Name:** \_\_\_\_\_

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

Mailing

Address: \_\_\_\_\_

Home

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

### Nominator's

Name: \_\_\_\_\_ ☐ Faculty ☐ Staff ☐ Student ☐ Alum ☐ Retiree

Mailing

Address: \_\_\_\_\_

Home

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

### Nominator's

**Signature:** \_\_\_\_\_

Please return form and information by **March 1, 2015** to:

**Mary Maxwell**  
**Retiree Awards**  
**311 Jesse Hall**  
**University of Missouri**  
**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 & personal information
  - \*Summary, why the nominee should receive an award.
- ☐ 3. Three (3) letters of support from others who know the nominee.



**Retirees  
Association**

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

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



**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].

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



**Retirees  
Association**

- ☐ NEW Retiree in 2014 FREE w/2015 year . . \$7.50  
☐ Annual Renewal. . . . . \$7.50  
☐ Life membership. . . . . \$75.00

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