U NEWSLETTER

A Communication of the University of Minnesota Retirees Association

MAY 2019

Regent Chair David McMillan to keynote UMRA's Annual Meeting in Campus Club West Wing

David McMillan, chair of the University of Minnesota Board of Regents, will be the keynote speaker at UMRA's 2019 Annual Meeting on Tuesday, May 21, to be held in



the West Wing dining room of the Campus Club. We are pleased to welcome him. McMillan represents the 8th Congressional District on the board. He was elected for the first time by the Legislature in 2011 and reelected to a second six-year term in 2017.

He will speak about his extensive experience as a regent. We also expect to hear from him about the selection of the University's new president, Joan Gabel.

McMillan has chaired several committees of the Board of Regents, and served as vice chair from 2015 to 2017 before being elected in June 2017 to serve a two-year term as chair.

A retired executive from Minnesota Power, where he worked in a variety of roles from 1989 to 2018, McMillan received a bachelor's degree in economics and history from the University of Minnesota Duluth and a law degree from the University of Minnesota.

After living in Duluth for more than 30 years, McMillan and his wife now call Palisade, Minnesota, home. McMillan's father, grandparents, wife, children, and son-in-law are all University alumni.

McMillan has served on many boards, including as chair of the Minnesota Chamber of Commerce and Goodwill Industrial Vocational Enterprises. He currently serves as chair of the Saint Lawrence Seaway Development Corporation Advisory Board.

McMillan has been an important voice in virtually all major decisions at the University for many years. He is respected by his peers and the administrators who have had the opportunity to interact and work with him. He has helped shape University policy and the major decisions that come before the board, such as tuition levels and budget allocations. And he had the good fortune to lead the regents as they choose a new president, the most important responsibility of the board.

Even more importantly, McMillan is a good guy who is well liked by almost everyone, including those who disagree with him. We have invited him to speak about his life and times as a regent and expect a candid and far-ranging conversation.

Please join us to learn about the experience of this extraordinary leader and ask questions about how the University is run at the top.

—Bill Donohue, chair, Program Committee, and president-elect

University of Minnesota

MAY MEETING At A Glance

Tuesday, May 21 Campus Club Coffman Memorial Union

Senior Housing Information Session 2:30–3:45 p.m. Conference Room 326

Annual Meeting 4–6 p.m.

West Wing Dining Room
Featured speaker
David McMillan, chair
University of Minnesota
Board of Regents

Buffet menu

Salmon with festive and hearty appetizers, fresh fruit platter, coffee and tea, plus a cash bar

For special dietary needs, please request when making reservation.

RSVP by Tuesday, May 14 Prepayment of \$30 per person; annual prepayers must make

reservations.

Reserve and pay online or send your check payable to 'UMRA' to: Judy Leahy Grimes 1937 Palace Ave. St. Paul MN 55105-1728

Parking

\$6 maximum in University ramps with UMRA's discount coupon.

To reserve parking in East River Road Ramp, contact Judy at jleahy4654@aol.com or 651-698-4387.

Looking back, looking forward

Several years ago, UMRA leaders set the stage for reasserting our role within the University as both advocates and supporters. Through their wisdom and persistence, they developed our 2017 Memorandum of Understanding (MOU) with the Provost's office, which clarifies UMRA's alignment and partnership with the University.

The MOU was essential when we worked with the Office of Human Resources to restore our ability to contact recent retirees with information about UMRA.

After an almost two-year decline in new members, we have returned to growth and will likely match or exceed our peak membership of more than 600 in 2015, and our voice has become more influential. This year alone we met with the Regents Candidate Advisory Committee and published our perspectives on both the hiring of the new University president and the regents selection process.

UMRA's return to membership growth has coincided with our success in securing the expanded seating capacity and improved ambience of the West Wing dining room for our monthly meetings. Now, when members see someone in the room they want to greet, they're actually able to move across the room to do so!

Membership organizations like UMRA grow and sustain themselves when they have a visible identity in the community. We have a number of initiatives moving forward that will help establish this identity. For example, we are now capable of capturing and posting online the presentations of our monthly speakers. Soon you will see new signage at our events and have access to UMRA business cards you can distribute to potential new members.

As we study the results of the <u>UMRA-URVC survey</u> of volunteer activities (to which I hope you have responded by now), we will undoubtedly find evidence of the impact of our members' activities on the University and surrounding communities. This information will complement the data we have regarding our members' significant financial contributions to the U.

I look forward to serving UMRA as a past president, and as I leave my position this year, I want to thank all those whose work and efforts have brought the organization to where it is today. Formal leaders (officers, committee chairs, et al.) are, of course, the most visible, but the real "life" and success of the organization rests with all of

you who engage in UMRA activities and programs and who help spread the word about UMRA to your friends and colleagues. Thank you.

—Jerry Rinehart, UMRA president

Senior Housing Information Session

We know that University of Minnesota retirees are often interested in housing options that may help them stay connected to the University community. For that reason, the UMRA board has invited representatives of two senior living facilities with University connections to provide an information session for us.

The two facilities are 1666 Coffman and the Pillars of Prospect Park, a project now under construction.

Because our May 21 program does not include a regular workshop, the information session has been scheduled for 2:30 to 3:45 p.m., immediately preceding our 4 p.m. reception and annual meeting.

It will be held in Conference Room 326, one floor below the Campus Club.

—Jerry Rinehart

Thank you to the University of Minnesota Foundation for helping to sponsor UMRA's May newsletter.



Create your legacy at the U

A gift of any size in your will or trust is a meaningful way to support the U beyond your lifetime. You can also name the U as a beneficiary of a retirement plan, life insurance policy, or other account.

Contact us today at 612-624-3333 or visit give.umn.edu/waystogive to learn more. Already included the U in your plans? Let us know how you want your gift used: z.umn.edu/futuregift.



The U of M Foundation does not give tax or legal advice. Please consult your professional advisor before making a gift.

May meeting includes annual election

Members in attendance at your May 21 meeting will elect UMRA's leadership for 2019-20. The Nominating Committee presents the following candidates for approval:

President



Bill Donohue (will automatically move from president-elect to president) retired from the U of M in 2016 after serving for 33 years in the Office of General Counsel as a litigator, director of litigation, deputy general counsel, and finally general

counsel. He provided legal advice on matters affecting all aspects of the University, and supervised and hired personnel to meet increasing legal needs. Before coming to the University, he served in the Minnesota Attorney General's Office for several years.



President-elect

Frank Cerra joined the University of Minnesota in 1981 as a trauma critical care surgeon. He has more than 350 peer-reviewed publications in the areas of basic research in liver cell metabolism,

translational research in the nutritional/metabolic support of the critically ill and injured, and in interprofessional education. He entered administration as department head in surgery, was then dean of the Medical School, and spent 15 years as the senior vice president for health sciences and services. He stepped out of that job in 2011 and worked part time as the senior advisor to the National Center for Interprofessional Education and Collaborative Practice. He now serves on governing boards and does consulting work.

Secretary



Lynn C. Anderson (continuing) was director of curriculum integration and associate director of the Learning Abroad Center for eight years, and senior advisor in CLA Advising for 19 years. She taught German, ESL, and

foreign studies, and was the SPAN faculty advisor for students doing research in Germany. Before retiring, she served six years as dean of International Education and director of the International Center at UC San Diego.

Treasurer

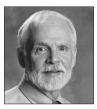


Carl Adams (continuing) has served on the UMRA board since 2014 and as treasurer since 2015. He retired in 2013 from the faculty of Information and Decision Sciences in the Carlson School of Management. He served as department chair

for 18 years; special assistant for planning for Law School

Dean Bob Stein and University President Nils Hasselmo; and director of management information systems research in CSOM for six years. He also served on the Faculty Senate in many capacities for more than 40 years.

Board members nominated for second terms



Will Craig retired in 2014 from the Center for Urban and Regional Affairs (CURA) after 54 years at the University, counting student days. As a CURA administrator, he focused on Minnesota public policy issues: environmental,

economic, and educational. He was an early pioneer in the field of geographic information systems, is a member of the GIS Hall of Fame, and was the lead author of the GIS Certification Institute's Code of Ethics. On the U of M campus, he was active in the Council of Academic Professionals and Administrators and led the effort to transform it to the P&A Senate.



Cherie Y. Hamilton graduated from the U of M with degrees in anthropology and business and was first employed by General Mills as an interpreter. Later, she became manager of recruitment and was responsible for recruiting MBAs

and engineers. In the 1980s she served as the director of recruitment and staffing for Vanderbilt University in Nashville. Since returning to Minnesota in 2005, she has been involved in the U of M Women's Club, where she served as president for two terms. She joined UMRA in 2009 and became a member of the board in 2016. She also serves on the boards of the Association of Retiree Organizations in Higher Education and the Osher Lifelong Learning Institute (OLLI), teaches courses on Brazil and Portugal and leads tours to those countries for OLLI.

New board members



Eric Hockert retired in 2016 from the Office for Technology Commercialization after serving eight years helping faculty and companies transfer patented technologies from the University to industry for product development. These

included well-known as well as startup companies. His 40-year career included 3M and Boston Scientific along with a few years as a liaison between faculty and industry in IPrime—a university-industry partnership in the College of Science and Engineering. He has a current lead role in the University Retirees Volunteer Center, focused on increasing retirees' engagement through volunteer activities and identifying other support we can provide to the U, its various units and departments.

HELLO, my name is Judy Leahy Grimes

Hometown: I was born in St. Paul. My childhood home in the Macalester-Groveland neighborhood was also the home where my husband, Patrick Leahy, and I lived with our four daughters. Pat died in 2002. Daughter Amy and her husband now live there with their two sons. I married Dick Grimes in 2009. He was a kind and thoughtful guy. He died in 2017. His children and grandchildren continue to share holidays and special occasions with me.

When did you become a member of UMRA? 2009. What was your first job? I worked as a travel agent for Leuthold Travel, the firm that helped my friend and me plan our trip to Europe post-graduation from the U in 1960. The agent gave us a Cook's Railroad Guide, sold us Eurail passes, and off we went.



Judy Leahy Grimes traveled to Gwangju, South Korea, in 2018 to attend the wedding of her grandson Christopher and his bride Hansol.

What was your occupation when you retired from FT work? After I retired from the Humphrey School in 2002, the principal of Saint Peter Claver called and asked if I would help her for a few years. It was a splendid opportunity and we worked together for seven years until I retired, again, in 2009.

Where were you in 1968? I was married, living in St. Paul, very busy with three children born in 1963, '65, and '67, and expecting my fourth the following spring.

Do you have a favorite place on the U of M campus?

The Humphrey School and that area of the West Bank. I absolutely loved working there in the Dean's Office for nine years and then with Samuel L. Myers Jr. for 10 years. Those jobs were all-encompassing and I delighted in the people I worked with and for: Harlan Cleveland, Royce Hanson, Ed Schuh, Paul Light, John Brandl, Dick Bolan, and finally Dr. Myers and his graduate students. I met interesting people, was constantly challenged with new ideas, new programs, new technology, a new five-year

plan, and with Dr. Myers, traveled extensively. It was a unique opportunity and Pat and I welcomed people from all over the world to our home because of those contacts we made through the Humphrey.

What is a fun fact about you we might not know? I had a catering business for 10 years, The Movable Feast on Grand Avenue in Saint Paul. Oh, we had a grand time of it, with a splendid staff—mostly Macalester, St. Thomas, and St. Kate's students, and two wonderful Vietnamese women. Dick Siefert worked with us. Later, he was the chef at Eastcliff when Ken Keller was president of the University. One Thanksgiving weekend when I was working at the Humphrey, Dick asked my Feast partner, Nancy Martin, and me to come and bake cookies for the president's holiday parties. That was fun!

UMRA Salon to debut in May

The new UMRA Salon, an online meeting place, will soon make its debut on the UMRA website. There, you will be able to interact with your UMRA colleagues on any topic you'd like, including requests for rides or services, announcements from UMRA leadership, volunteer opportunities, classified ads, and whatever else you and others would like to talk about. You can share recipes, show photos from your trips, review books, ask for help, and generally discuss any of the things you would, in person, with friends.

Be on the lookout for an email announcement. We'll also have a computer available at the May 21 meeting to demonstrate the UMRA Salon and answer questions.

—Ron Matross, chair, Cares Committee and Workshop Subcommittee

Book Club summer reading

Herb Scherer will lead a discussion of *The Great Gatsby* by F. Scott Fitzgerald when the UMRA Book Club meets at 2 p.m. on Friday, May 17, in the 1666 Coffman building on Larpenteur Avenue in Falcon Heights.

These are the books and discussion leaders for the summer: June, *Diary of a Bookseller* by Shaun Bythell, discussion leader Beth Bedell; July, *A Tree Grows in Brooklyn* by Betty Smith, discussion leader Paula Knutzen; August, *Still Foolin' 'Em* by Billy Crystal, discussion leader Joni Mitchell. Contact Pat Tollefson, p-toll@umn.edu for more information.

Please visit umra.umn.edu/Events>Interest Groups>Book Club for a review of the club's April read, *The Shoemaker's Wife* by Adriana Trigiani.

U.S. prescription drug market is broken

At our April forum, Professor Steven Schondelmeyer, a nationally recognized expert on drug pricing, conducted a master class in pharmaceutical economics. In a riveting, data-laden presentation, Schondelmeyer exposed the brokenness of the market for prescription drugs in the U.S. He presented convincing evidence that the market for pharmaceuticals is inefficient and vastly overpriced.

"A drug that one cannot afford is neither safe nor effective," he said. "We've got to do better."

Schondelmeyer said that while pharmaceutical companies have done a good job of producing and distributing drugs, they have also engaged in predatory pricing because of their monopolistic control. He asserts there is a lack of regulation and a lack of appropriate market behavior by the U.S. government, which is the largest purchaser of drugs in the world. It does not bargain with the drug companies but simply pays the prices established by them, Schondelmeyer said, because it is not allowed to do so by statute.



Kaimay Terry (center) enjoyed a conversation with Dick and Meredith Poppele at the April meeting.

Health care is a major market force; it constitutes 18 percent of the U.S. economy. In that massive sector, for every health care premium dollar spent 22.1 cents go to prescription drugs. This is more than any other category including physician services, which gets 22 cents. The amount spent on prescription drugs is the highest single cost driver in the health care market.

Professor Schondelmeyer presented several examples to show that the massive growth in cost for prescription drugs far exceeds the growth in the consumer price index. For example, EpiPen prices increased 623 percent, from \$101 to \$730, in 11 years, and the price of Humulin, a form of insulin, increased 361 percent, from \$187 to \$864 per month, in eight years.

Schondelmeyer gave several other examples which demonstrate conclusively that the prescription drug market is broken and in need of regulation and reform.

In one of his slides, he compared the excessive cost of various drugs to the cost of a car, a vacation, and a house his point being that few of us can afford such costs and, eventually, this makes these things unobtainable by the average person.

Schondeleyer is on the faculty in the College of Pharmacy and holds the CMC Endowed Chair in Pharmaceutical Management and Economics. He has testified frequently at both the state and federal level, and was recently appointed by the Minnesota governor and attorney general to a task force that will address lowering and controlling drug prices.

His presentation was both dramatic and illuminating and he was warmly received by the UMRA members attending the forum.

Go to umra.umn.edu/Governance>Document Archives>Past Event Slides>April 2019 Forum - Schondelmeyer to see the slides of his presentation. —Bill Donohue, Program Committee chair and president elect

Tour the Bee Lab and Raptor Center

The Social Activities Committee is planning guided tours of the University of Minnesota's Bee Lab and Raptor Center on the St. Paul Campus on July 25. The maximum number of participants is 30.

Participants should park in the Gortner Avenue Ramp and walk about 3 blocks or 10 minutes to the Bee Lab. The tour will begin at 2 p.m. in the conference room. We will then walk to the Raptor Center for a 30-minute tour starting at 3 p.m. The Raptor Center is across the street from the Gortner ramp.

Please contact Cherie Hamilton at pimentamalageta@ hotmail.com or 612-929-0233 by July 19 to make your reservation.

Survey reminder

Thanks to those who have already completed the UMRA-URVC survey of volunteer activities. Because our interest includes the factors that may deter seniors from volunteering, please respond regardless of your level of volunteer activity.

Help wanted: STEM volunteers

The University Retirees Volunteer Center (URVC) has been a strong supporter of Minnesota STEM programs for many years, with our members volunteering for a wide range of initiatives developed to link youth and families to the domains of science, technology, engineering, and math. Integrated STEM education provides intentionally designed learning experiences for students. And volunteers who assist in STEM events come away from the experience having enjoyed the energy, excitement, and individual successes of the student participants—every bit as much as the kids themselves!

This spring there are two volunteer opportunities available that exemplify how STEM concepts and processes interact across scientific domains and within others, such as language and the arts. The Young Authors Conference comprises four one-day events where students learn that good writing skills are important in life, and are encouraged and challenged to become better writers. During the STEM Career Day events, students work with college instructors and industry professionals during a day spent on a college campus, in interactive breakout sessions in college labs.

Both opportunities take place during the second half of May and are currently seeking volunteers who love learning—and kids!—to assist. If either or both of these are of interest, please contact URVC at urvc@umn.edu or 612-625-8016 for details about times, locations, and specific responsibilities.

—Marva Sullivan, URVC project communicator

URVC website simplifies volunteering

The new URVC website, which serves as the front door to a software volunteer management system supplied by Better *Impact*, is now fully operational. If you have volunteered with URVC in the past three years, you should have received a personalized email with a username and password to access Better Impact.

With this new website you can examine the details of a broad range of opportunities, see when volunteers are needed, and sign up to fill a time slot. If you have not volunteered through URVC but would like to learn about current opportunities, please send us an email at urvc@umn. edu asking to be enrolled. We'll respond with a username and password.

We value your interest in supporting University activities as a volunteer.

-John Anderson, chair, URVC board

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Ron Matross was an analyst of student data for 35 years in the Office of Undergraduate Education. He led the development of the University's first retention reporting system, its first comprehensive graduate survey, and

the freshmen admissions tracking system used by the Office of Admissions. He was responsible for much of the University's enrollment management analysis, including enrollment modeling, applicant surveys, and program evaluation. As a graduate of the University's Counseling Psychology program, he is interested in returning to his roots by helping UMRA enhance the well-being of its members. He chairs the UMRA Cares Committee and Workshop Subcommittee.



Jan Morlock (nominated to fill the remaining two years of Frank Cerra's term) served until her retirement in 2017 as the director of community relations for the Twin Cities Campus, coordinating the U's engagement in

local and regional government and planning initiatives. Earlier, she worked in nonprofit and neighborhood-based community development and was a Yale University community renaissance fellow. Her interests in retirement include citizen and community response to climate change. Jan would like to serve on the board to support UMRA's mission to creatively connect retirees with each other and with the U of M community.

Other continuing board members include Vernon Cardwell, Cathy Lee Gierke, Jeanne Markell, Claudia Parliament, Richard Poppele, Kaimai Terry, Gloria Williams, and Jerry Rinehart (immediate past president).

-Kristine Mortensen, editor

Tax planning for 2019 and beyond

UMRA's Financial and Legal Affairs Group (FLG) plans to host two tax-planning strategy sessions in the fall. On October 17, the focus will be on strategies for funding and reducing taxes with transfers to family and charities. Tax planning for 2019, 2020, and 2021 will be the focus of the session on November 21. Details of both will be published in the fall.

The FLG meeting planned for **May 9** has been cancelled.

Please contact Andy Whitman at awhitman@umn.edu or 612-747-6015 if you have questions or suggestions.

Firsthand—experiences with aging

By Ron Anderson

As I age and get more forgetful, I wonder whether I make wiser or poorer choices. Native American and Asian cultures consider the elderly wise and treat them with respect. In contrast, in European and American culture old age is viewed as a time when mental faculties fade. An important question remains: what components of wisdom grow or decline in our later lives?

Over the past decade, gerontologists and social scientists have begun to study wisdom as multidimensional. For instance, in a popular TED Talk, Dilip Jeste, M.D., a geriatric neurophysicist, says the essence of wisdom is decisiveness, insight, social-emotional behavior, and tolerance. Researcher Jeanine Parisi and her associates consider the most important aspects of wisdom to be experience, social interaction, and generativity (multi-generational viewpoints). Sociologist Monika Ardelt defines the key components to be cognition, reflection, and affect.

From a review of the literature, I've concluded that there are three components or pillars of wisdom. Cognition encompasses reasoning, memory, problem-solving, creativity, decisiveness, crystalized intelligence, and procedural knowledge. Reflection includes perspective-taking, tolerance, openness, insight generation, growth production, generativity, balance of individual with common goods, and meaning-making. The social/emotion pillar consists of pro-social actions, social decision-making, facilitative coordination, empathy, and emotion management.

Journey in wisdom

Across our lifetimes these elements can change. Most notable are changes in cognition. But old age also brings a greater repertoire of experiences. While we may lose memory, we gain both reflection and social/emotion skill across our silver-haired years.

Ardelt and her associates studied more than 14,000 persons in Germany. Looking at their life spans from age 20 to 90, the researchers found little difference in the overall wisdom trendline. However, they found a flat trendline for cognitive but a rising trendline for social/emotion and reflective wisdom.

Those of us in later life don't need surveys to know that our wisdom grows with age and experience, and from that we can nurture our perspectives and other noncognitive wisdom. Most important, we can share our wisdom to help younger generations. And from such mentoring, our noncognitive wisdom can expand even more.

If you would like to share a firsthand experience related to health and aging, please contact Ron Anderson at rea@umn.edu.

In Remembrance

We report the passing of UMRA members and University leaders as we learn of these losses to our community. Our condolences to the families and friends of our colleagues.

J. David Naumann passed away on April 8, 2019. Professor Emeritus Naumann was a faculty member in the Carlson School of Management, Department of Information and Decision Sciences, from 1977 to his retirement in 2006. He was born and raised on a family farm near Pelican Rapids, Minnesota. Following high school graduation, he joined the U.S. Navy where he was introduced to his life's work in technology. On his return from the service, he worked at Univac and other tech firms. To advance his professional career, he enrolled in the University and earned his B.A., M.A., and Ph.D. degrees. Dave was an active member of UMRA who served on our board, worked on several committees, and contributed his technology expertise to benefit our organization. He is survived by his wife, Joyce, and family, many friends, and colleagues.

-Kathleen O'Brien, Cares Committee

UMRA Cares supports members

For assistance and support in the event of the death or serious illness of an UMRA member or family member, please email us at umracares@umn.edu or call 612-626-4403 and leave a message for UMRA Cares. Also, if you learn of someone who is facing a difficult life challenge, please contact the UMRA Cares Committee.

Photo Club to meet Saturday, May 18

The UMRA Photo Club will meet at the Minneapolis Sculpture Garden at the Walker Art Center for a photo shoot on Saturday, May 18. Depending upon time and inclination, photographers may also want to explore some of the sites featured that weekend during Minneapolis Doors Open. See doorsopenminneapolis.org/venues for details.

Please email Sheri Goldsmith May at golds009@gmail. com or Craig Swan at swan@umn.edu if you're interested in the photo shoot. Newcomers are welcome!

In June, the Photo Club will meet as usual on the second Tuesday of the month (June 11, 12:30–2:30 p.m.) at the St. Anthony Library.

University of Minnesota Retirees Association

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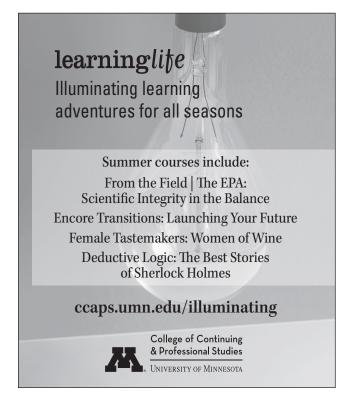
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- 2. Cut out this form and address label.
- 3. Mail both to the address above.

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Other Info

UMRA's phone: 612-626-4403

Website: umra.umn.edu

Thank you to the College of Continuing and Professional Studies for helping to sponsor UMRA's May newsletter.



Welcome new members to UMRA

Please give a hearty welcome to eight new members who have joined UMRA since mid-March. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- Michelle Casey, School of Public Health, Health Policy & Management, senior research fellow, P&A
- Helen Hansen, School of Nursing, associate professor, faculty
- Paula Holland, Moos Tower Clinics, Division of Orthodontics, Orthodontic Faculty Practice, executive accounts specialist
- Joel Maturi, Division of Intercollegiate Athletics, director of athletics, P&A
- Debra Noll, Development, assistant athletics director, P&A
- Rosalie O'Brien, Office of the General Counsel, senior associate general counsel, P&A, and Jim O'Brien
- Sue Ver Steeg, Boynton Health Service, Family Practice, physician, P&A

Go to umra.umn.edu/Member Login><u>Member Search</u> for more information.