

UNIVERSITY OF MINNESOTA RETIREES ASSOCIATION (7/1/20-6/30/21)
UMRA WORKSHOP COMMITTEE

DATE: 06/04/2021

AUTHOR OF REPORT: Ron Matross

For the 2020-21 fiscal year, all the UMRA workshops were conducted virtually via Zoom, with the support of the UMRA Zoom team. For the year, we presented nine workshops, with a median attendance of 86. Note that this attendance number is over twice that of the in-person workshops that were presented in previous years.

This is the last report of the Workshop Committee. The committee has been disbanded. In the future, workshops will be part of the responsibilities of the UMRA Program Committee.

Date	Topic	Speaker	Attendance
July 7, 2020	Resilient Coping	Ted Bowman, Grief Educator	86
September 15, 2020	Cybersecurity: Safeguarding Your Data and Identity	Jenny Blaine, Security Analyst with UM Office of Information Security	70
October 20, 2020	OHR Annual Benefits Update	UM Office of Human Resources	134
November 17, 2020	The Best Age	Lucy Rose Fischer, owner of Lucy Rose Designs	85
January 19, 2021	Designing a Balanced Exercise Program	Lisa Lemler, Associate Director of UM Recreation and Wellness	66
February 16, 2021	How not to Sound Old	Peter J Watson, Associate Professor of Speech-Language-Hearing	111
March 16, 2021	Downsizing: Spotting and Donating Historic Treasures	Erik Moore, Head of University Archives and Co-Director, UM Digital Conservatory	86
April 20, 2021	The Minneapolis Megamurder: A National Parks Mystery	Sharon Stiteler, Ranger, Mississippi National River	78
May 3, 2021	How to Keep your Hands and Wrists Healthy and Strong	Ann Van Heest, Professor UM Dept of Orthopedic Surgery	108

Serving on the Workshop Committee were:

Ron Matross, chair
Suzanne Bardouche
Earl Nolting
Pat Tollefson
Marge Savage
Margaret Catamby
Kris Mortensen