

UMRA Program Committee

Annual Report (2022-2023)

Executive Summary

This year brought us back to in-person Forums following several years of virtual/Zoom events due to the Covid pandemic while the Workshops continued as online events.

We held 8 regular and 1 special Forum, 8 virtual/Zoom Workshops, and 2 special social events during the program year (September 2022-June 2023). The number of people ranged from about 40 to 140 at each event.

We created several new activities this year to expand the educational and social offerings of the Program Committee. The Special Social Events group was created to address our interest in maintaining connections among our members and our members' connections with UMRA during the summer months. The Cabinets of Curiosity outings included visits to several campus highlights to provide a greater understanding and appreciation for the diversity of the university's academic reach.

Activities

This year brought us back to in-person Forums following several years of virtual/Zoom events due to the Covid pandemic while the Workshops continued as online events. The Living Well Workshops continued as virtual/Zoom presentations with the ongoing work of the production team to bring these to a broad audience through the convenience of this online format. These workshops included a moderated Q&A session that worked smoothly for both the presenter and the online audience.

See the table below of all Forum and Workshop dates, speakers, topics, hosts and numbers of people for each event. I've also included a listing (see below, compiled previously) of luncheon speakers (October 2004-May 2022) for completeness and convenient access by future Program Committees.

It may be helpful to note the various topic categories to inform a sense of balance in our speakers for this past year. Here's one set of categories that may be useful –

UMN related – 7

Health – 4

Politics – 2

Social Issues – 2

Sciences - 1

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The Host Team handled all the planning associated with the venue (registrations, name tags, check-in, facility reservation, food selections, A/V needs). Significantly, they also established a way to welcome new members by connecting each of them with a host who reached out to them prior to the event and who greeted them at the event to help them feel more welcomed into UMRA. This worked well and will be continued in the coming year.

The Production team continued their excellent work to make our online events smooth and professionally done for both our speakers and our attendees. They also handled all the A/V needs for our in-person events and developed a method to record these events for posting on our website.

The plan for the upcoming year (2023-2024) is to hold in-person Forums at Midland Hills Country Club during September, October, and November of 2023 and March and April of 2024. The January and February 2024 Forums will be virtual/Zoom while the May 2024 Annual meeting venue decision will be made later this year as to whether it will be held at Midland Hills or the Campus Club. Workshops will be virtual for all months. This allows more of our members to participate in these UMRA activities who may not be able to attend in-person due to mobility issues, winter travel issues, or due to living outside the metro area.

Note that processes for the Program committee are included in a separate “Toolkit” document –

- Running Orders
- Zoom production
- Timelines
- Editorial guidelines for newsletter articles
- Workshop presenter and coordinator guidelines
- Host responsibilities

This was another successful year for the Program Committee and I’d like to thank and recognize everyone who contributed (see listing below). I would especially like to thank our leaders – Diane Young (Host Team), Kris Mortensen (Production Team) and our primary moderators (Mary Koppel and Julie Sweitzer).

Special Social Events

As an additional role for the Program Committee this year, we established a Special Social Events team led by Jan Morlock and including Diane Young, Kate Maple, Cathy Lee Gierke, Will Craig, and Cherie Hamilton (Social Activities Committee Chair). These events are directed towards larger social gatherings during the summer months and are intended to maintain the momentum and connection of our members to each other and to UMRA. The Host team (listed below) also worked to make these events successful.

Summary from Jan Morlock -

The June 28 summer social at Como was a hit with 87 registrations and ~80 present. Our net revenues after paying credit card transaction fees were enough to cover costs with a little left for a tip for the caterers. We could have used more for the tip--something to remember next time we create an event budget. Kate gave the

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Lancer Catering people a very positive review, and UMRA Treas Kristy Frost-Griep is all cleared to settle up the bill with them.

July 22 Twins baseball game event was organized by Will Craig as part of the UMN Alumni Association's event. UMRA will have a section reserved for our members.

The August 29 river cruise is now at 79 registrations. We "bought out" the boat, committing us to pay for at least 80 registrations (Paradise Cruises accommodated us by holding the remaining spaces on the boat until today). The practical capacity limit on the boat is 90, so our registrations will close at that number.

Cabinets of Curiosity

Cabinets of Curiosity is a series of outings for UMRA members, proposed and curated by retired Professor of the History of Science Sally Kohlstedt. UMRA members are invited to visit unique collections of the University of Minnesota, with interpretation by their curators. The outings are produced by Sally with a team including Cathy Lee Gierke, Kathy Jensen, and Jan Morlock.

Our goals for the Cabinets series have been:

- To learn and be delighted;
- To provide opportunities for UMRA members to get to know and enjoy each others' company in small groups;
- To offer access to fascinating University collections and interaction with their curators;
- To engage new UMRA members.

To date, each of the outings has "sold out," with capacity ranging from 20 to 30 participants. On each occasion, we have offered an option to gather after the tour at an area restaurant for refreshments and conversation, with about half of the tour participants opting to remain for the social time. All of the outings to date have been on the Twin Cities Campus proper. Sally has taken care to select destinations on both the Minneapolis and Saint Paul areas of campus.

The events have been promoted through articles on the website, the UMRA newsletter, all-member emails, and the Facebook group. On two of the three occasions to date we have sent a "sneak preview" invitation to UMRA members who have joined in the last 18 months to reach out to new members. As a result, a significant portion of the participants have been new members. Registrations for the events have been managed through the website.

Outings to date:

February 8, 2023, Bell Museum tour with retired curator and exhibit director Don Luce

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March 8, 2023, Wangenstein Historical Library of Biology and Medicine

June 21, 2023, tour of outdoor research areas on the St. Paul Campus, with UMES Land Director Andrew Scobbie

Outings on the calendar for Fall, 2023 include an October 3 visit to the Bell Library of rare books and manuscripts on the West Bank; and a November 7 visit to the Goldstein Museum of Design on the Saint Paul Campus. Events being planned for Spring Semester, 2024 include a trip to the insect collection at the Entomology Department and to the Natural Resources Library special collections, all at Hodson Hall; and a curator's tour of the College of Biological Sciences exotic plant collection.

–submitted by Jan Morlock, member of the Cabinets of Curiosity volunteer team

Recommendations

1. Create a program of speakers that provides a balance of topics that are of broad interest to our members and that will attract greater attendance.
2. Continue to support the Special Social Events efforts for next summer and identify a lead person.
3. Decide on whether or not to hold a holiday event and the timing - December or January.
4. Identify a new Producer for online events.
5. Decide venues for in-person events beyond this coming year - Campus Club, Midland Hills, other.
6. Decide venue for May 2024 Annual meeting – Campus Club, Midland Hills.

Committee Members

Name

Frank Cerra

Bradley Clary

Bill Donohue

Cherie Hamilton

Eric Hockert (Chair/President-elect FY24)

Wendy Pradt Lougee

Ron Matross (President-FY23)

Jan Morlock (Past President-FY22)

Paul Schanfield

Barbara Shiels

Julie Sweitzer

Host Team

Diane Gihl

Char Greenwald

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Nancy Helmich
 B. Jan McCulloch
 Diane Young (Leader)

Production Team

John Anderson
 Virgil Larson
 Cathy Lee Gierke
 Kris Mortensen (Producer)

Moderators

Mary Koppel (Primary)
 Donna Peterson
 Karen Schandfield
 Cynthia Scott
 Julie Sweitzer (Primary)

Forums and Workshops

Month	Event	Speaker, Title, Affiliation	Topic	Suggested by:	Program Host/ Introducer	Number of people
September 2022	Boat Ride		Boat Ride in St. Paul on Jonathan Paddleford	Jan Morlock Cherie Hamilton	Jan Morlock	
September 2022	Workshop Zoom	UMRA SIG & URVC Leaders	UMRA SIGS and the URVC	Jan Morlock	Jan Morlock	50
September 2022	Forum In-person	Jane Graupman Executive Director International Institute of MN	Immigration in Minnesota	Eric Hockert	Eric Hockert	
October 2022	Workshop Zoom	Katie Kolodge Health & Wellness Consultant Office of Human Resources	Health Insurance Update	Ron Matross	Ron Matross	140
October 2022	Forum In-person	Jessica Hellman Executive Director UMN Institute on the Environment	Environmental Issues	Bob Bruininks Wendy Pradt Lougee	Ron Matross	

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November 2022	Workshop Zoom	Janet Dubinsky Professor, Dept of Neuroscience	Neuroplasticity in Aging	Ron Matross Frank Cerra	Frank Cerra	110
November 2022	Forum In-person	Kathryn Pearson	Midterm Elections	Jan Morlock	Jan Morlock	
December 2022	Social?	No	No Holiday Party this year			
January 2023	Workshop Zoom	Julie Kelly, Science Librarian (retired) Carissa Tomlinson, Libraries Director of Student Experience, Learning, Outreach	How to get the most out of your UM library privileges	Suzanne Bardouche Ron Matross	Wendy Pradt Lougee	59
January 2023	Forum Zoom	Nathan Hopkins (Legislative Analyst House Research Department) plus a "couple of current regents"	Regent selection process	Jan Morlock Bill Donohue Brad Clary	Bill Donohue	47
February 2023	Forum (special)	Jakub Tolar	Sanford/Fairview Hospital plans	Frank Cerra	Frank Cerra	102
February 2023	Workshop Zoom	Julie A. Switzer MD. Department of Orthopedic Surgery. Medical School TRIA St Louis Park, Park Nicollet Medical Center	Aging and weakening of the bones	Frank Cerra	Frank Cerra	161
February 2023	Forum Zoom 12pm	Steve Simon	Secretary of State	Brad Clary	Brad Clary	100
March 2023	Workshop Zoom	Marti DeLiema UMN School of Social Work	Fraud/scams/elder financial exploitation	Lynn Anderson (UMRA/Age Friendly University)	Lynn Anderson (Jan Morlock will to the opening and closing segments)	84

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March 2023	Forum In-person Midland Hills	Mike Volna the Assistant VP of Finance and the Assistant CFO	University's budget request to the legislature and its status	Bill Donohue	Bill Donohue	80
April 2023	Workshop Zoom	Keri Ristic UMN Director of undergraduate admissions	College Admissions Today: What your grandkids need to know	Ron Matross	Ron Matross	39
April 2023	Forum In-person Midland Hills	Scott Gillespie Editorial page editor of the StarTribune	Editorial page view of the University	Bill Donohue	Lori Sturdevant	80
May 2023	Workshop Zoom	Erica Schorr, PhD, BSBA, RN Associate Professor Adult & Gerontological Health Cooperative UMN School of Nursing	Leveraging Digital Health Technologies to Support the Achievement of Optimal Health and Wellness	Ron Matross	Ron Matross	64
May 2023	Annual meeting In-person Campus Club	Mark Coyle UMN Athletic Director Jeremiah Carter Sr. Associate AD for NIL/Policy and Risk Management / Director of Athletic Compliance	Expansion of the Big Ten and the effects of name image and likeness (NIL) payments on intercollegiate athletics	Bill Donohue	Bill Donohue/ Joel Maturi	98
June 2023	Summer Social	Summer Social at the Como Lake Pavilion		Jan Morlock		80
August 2023	River cruise	Mississippi River Cruise Paradise Cruises		Jan Morlock		