

MURA

MU RETIREES ASSOCIATION NEWSLETTER

University of Missouri

<http://mura.missouri.edu>

February 2009

Editor: Tom Freeman

Early 2009 activities

Annual Business Meeting

March 7 (Saturday, open parking)
Coffee 9:30–10:00 a.m., Meeting 10:00 a.m.–12:00
Jesse Wrench Auditorium, Memorial Union

Program Committee Meeting

April 7 (Tuesday) 1:00–2:00 p.m.
Memorial Union S-110

Board of Directors Meeting

April 7 (Tuesday) 2:00–4:00 p.m.
Memorial Union S-110

Chancellor's Retirees Luncheon

April 28 (Tuesday) 11:00 a.m.—2:00 p.m.
Hearnes Center Field House
(Invitations come to all retirees via U.S. Mail)

Ray Schroeder Spring Picnic

May 13 (Wednesday) 10:30 a.m.–1:00 p.m.
Twin Lakes Recreation Area
Reservation(s) form on page 7

Program Committee Meeting

July 8 (Wednesday) 1:00–2:00 p.m.
Memorial Union S-110

Board of Directors Meeting

July 8 (Wednesday) 2:00–4:00 p.m.
Memorial Union S-110

Revised Statutes relating to University retiree benefits

[http://www.umsystem.edu/ums/
departments/hr/benefits/forms/
MO_Dept_of_Revenue_Ltr.pdf](http://www.umsystem.edu/ums/departments/hr/benefits/forms/MO_Dept_of_Revenue_Ltr.pdf)

[http://www.moga.mo.gov/
statutes/c100-199/1430000124.htm](http://www.moga.mo.gov/statutes/c100-199/1430000124.htm)

— Consult your tax advisor —

AARP Taxpayer Assistance

Feb. 2 to April 15

[http://www.dbrl.org/reference/
subject-guides/taxes](http://www.dbrl.org/reference/subject-guides/taxes)

Columbia Public Library
Mon, Wed, Fri, 9 a.m.–12:30 p.m.
Missouri United Methodist Church
204 S. 9th Street
Mon 3–7 p.m. Tues, Wed 10 a.m.–2 p.m.

From Our President's Desk



No event of 2008 caught my attention like the continuing decline in our economy. Not only have I been extremely interested in how it has affected me personally, but I have also been interested in how it has, is, and will likely continue to affect MU. I'm sure that many of you, like me, were glad to see 2008 come to a close. I know that we are all hoping that 2009 will bring a speedy, economic recovery.

Maybe it is the cold weather (I'm writing this draft in late-January with morning temperatures below 0° F), but I don't see any signs of a fast turn around in sight. So, how does this affect MU retirees and our retirement fund? To answer that question, I would like to quote a paragraph from the November 18, 2008 Retirement, Health, and Other Benefits Committee minutes: "The University has adequate liquid assets in the pension fund at this point in time so that it is not necessary to sell any equity assets. Retirees have a legally enforceable right to benefits under the plan, so UM retirement payments are not in jeopardy, and there are no plans to change current retiree's payments" (see Al Hahn's column on page 3). A comprehensive review of Missouri's public employee pension systems, titled 'Ripples from Wall Street,' appeared in the February 1 issue of the *Columbia Daily Tribune*. For those interested in reading the complete Retirement, Health, and Other Benefits Committee minutes, I would refer you to the MURA website at <http://MURA.Missouri.edu>.

I would also like to call your attention to a few other items, in addition to the two tax-related sidebars in the column to your right.

For those of you who chose to pay dues annually, it is that time of year again. As you prepare to make payment, why not consider moving up to Life Member status? It really is a modest investment (see Ernest Hilderbrand's article at the bottom of page 2).

The breakfast lectures series continues to be extremely popular. There are several very good programs to come (see John Parker's program on page 5).

Our annual business meeting will be Saturday, March 7, 2009 beginning with coffee at 9:30 am. We expect to have representatives from the UM system, MU campus, and UM benefits office present to update us on current items of interest. The meeting will be in Jesse Wrench Auditorium at the Memorial Student Union.

Last but not least—do clip and send your reservation form (from page 7) for our May 13th annual Ray Schroeder Spring Picnic to Barton Boyle.

Kee W. Groshong

Nominees for election to our Board of Directors

Our nominating committee is pleased to offer the following nominations for election to Board membership at our Annual Business Meeting on March 7, 2009. Terms begin July 1, 2009.

Respectfully submitted,

Jo Behymer (Chair), Rod Gelatt, Tom Freeman, Elizabeth Bailey, Veralee Hardin



*President elect and
Program Chair
(1-yr term)
Jack Miles*

Jack Miles attended the University of Missouri where he earned bachelors and masters degrees in education. He was inducted into Phi Delta Kappa, a national graduate honor society in education and, upon graduation, received a commission in the US Army Artillery through the ROTC Department.

In 1962 Jack assumed the position of Assistant Executive Director of the Missouri State High School Activities Association, and in 1977 took over the reigns as the MSHSAA Executive Director, retiring from that position in 1992. In 1995, the Show-Me State Games, a program conducted under the sponsorship of the University of Missouri, was adding the Missouri State Senior Games and needed someone to head up the program.

Jack was the first coordinator of the Missouri State Senior Games, a position he held for over ten years. Following his retirement, Jack was recognized by the Kiwanis Club of Columbia as the recipient of the 2005 Kiwanis Don Faurot Sportsman of the Year Award.



*Secretary (2-yr term)
Mary Ellen Kanak*

Mary Ellen Kanak retired from the University of Missouri in March 2008 after 11-1/2 years of service in staff positions with the Office of Admissions, the Office of the Associate Dean of Undergraduate Studies for the College of Education, and the Office of the Vice Chancellor for Administrative Services.

Prior to returning to her home state of Missouri, she was a cartographer/geologic draftsman for the Oklahoma Geological Survey at the University of Oklahoma, Norman, Oklahoma. Leaving Oklahoma, she moved to California where she served as the personal secretary to the Dean of the School of Natural Sciences and Mathematics at California State University Fullerton, Fullerton, California.

Mary Ellen enjoys history, art history, and antiques; and, in addition to being active in MURA, she is a member of the Boone County Historical Society, the Missouri River Valley Steam Engine Association, and the Notre Dame Club of Orange County. A great amount of her spare time, however, is currently devoted to caring for her several senior family members.

University Bookstore

— ♦ Since 1899 ♦ —

Annual Campus Authors Celebration

University Bookstore will again host the 6th Annual Campus Authors Celebration on Thursday, April 9th at 4:30 p.m. in our newly expanded MU Bookstore. This event recognizes MU faculty and staff authors who have publications in domestic trade or university press during the period March 2008–2009. Join your colleagues for hors d'oeuvres and fellowship in recognition of the diverse scholarship that our University of Missouri provides.

If you have published a domestic trade or university press book within the past year, please phone Chris Willow-Schomaker at 882-8525 or contact her via e-mail at willow-schomakerc@missouri.edu to be included in this celebration. Visitor parking is available at both Virginia Ave. and Turner Ave. Garages. For additional information go to www.mubookstore.com.



573/882-2586

Hear ye—about membership dues

by Ernest Hilderbrand



MURA dues for the membership year 2009 are now payable. You may check your membership dues status by looking below the return address of this newsletter. If your membership status line does not indicate Life, 2009 (or some year farther into the future) you need to pay your 2009 membership fees.

Please check your email address, which is just below your membership status line. If it is incorrect or missing altogether, send a short email message to Ernest Hilderbrand (at HilderbrandE@missouri.edu) or to some other MURA officer with your updated email address. Thank you for your co-operation and help. Recruit your friends to join and participate in MURA activities. The larger our membership the louder our voice is with administrators who oversee our pensions and benefits.

Benefits Program

by Mike Paden

As of the writing of this column in Mid-January, we've been very pleased with the conversion of the UM Retiree Indemnity



Medical Program prescription drug benefits to a program offered in conjunction with Medicare. As anticipated, the primary impact on retirees has been some changes in the preferred formulary of drugs that are used to attain the highest level of benefits. In monitoring the activity of this change during the first half of November, the most significant issue that has arisen has been Medicare eligible retirees not presenting their new Express Scripts ID cards when making prescription drug purchases. If retirees can remember to present their new ID cards to their pharmacy, that will help expedite the process.

One question that has consistently arisen from retirees relates to whether or not UM's prescription drug program is a Medicare Part D program. Technically, our prescription drug coverage is considered by Medicare as a Medicare Part D program. It is categorized as an Employer Group Waiver Plan. However, this arrangement does not require retirees to purchase individual coverage through commercial programs. The University offers this program on a group basis and continues to provide financial support through a self-insured environment.

In February, we will be releasing the annual report of the UM Retirement, Disability, and Death Benefit Plan. This will be the first actuarial evaluation of the program since the significant downturn in the financial markets. The report will provide a summary of the activity of the plan in the last year and an analysis of the financial health of the plan. This report will be made available on the UM Faculty and Staff Benefits webpage. Retirees will be made aware of its availability once it is completed.

The Aging Front

by Ann Gowans

An interesting article has crossed my desk regarding the use of new Health-Monitoring technology to help seniors live in their homes longer as they grow old. This information comes from research being conducted in Columbia, Missouri by gerontologists, geriatric physicians, nurses, and Health Professions researchers. Also involved in the research are faculty members from various university departments who are interested in the development of technology for use in the home to better handle 'aging-in-place.'



Most seniors express a strong desire to stay in their homes as they age for as long as possible. The environment is familiar, it is less expensive than moving, and, for many people, provides more comfort and ease than institutional life. Those who find they are lonely at home may opt for institutional care, but the majority wish to remain at home.

MU researchers are using sensors, computers, and communication systems, along with supportive Home Care services to monitor the health of older adults who are living at home and, therefore, are often alone. Motion sensor networks installed in senior's homes can detect changes in behavior and physical activity, including walking and sleeping patterns. Early identification of any changes can prompt Health Care interventions that may delay or prevent serious health events.

Data were collected from motion and bed sensors installed at TigerPlace, a retirement aging-in-place facility that was designed to allow aging-in-place research to be conducted by the University of Missouri and in private homes where residents are participating. After two years of collecting these data, patterns could be detected as seniors moved through their days and nights. Falls (i.e., the number-one cause of death in ambulatory and semi-ambulatory elders) were detected immediately for study. This research can have great value for the entire country as well as Columbia residents. "Our goal is to generate automatic alerts that notify

caregivers of changes in residents' conditions, which might allow us to intervene and prevent adverse Health Care events", said Marilyn Rantz, Professor, Sinclair School of Nursing. (See Professor Rantz's description of TigerPlace on page 6.) Colleges of engineering, nursing, health professions, and medicine are participating and gaining knowledge about aging-in-place from their data collecting at TigerPlace and in the residences of private homes who are involved.



Chancellor's Retirement, Health, and Other Benefits Advisory Committee

by Al Hahn

Our committee met in November 2008 and January 2009. Minutes appear at <http://mura.missouri.edu/benefits-committee/>.

Current members include:
(*Retirees in italics*) Allen Hahn, Chair, John Bauman, Marjorie Leavene, Doris Littrell, June Deweese, David Mehr, Jack Batterson, Roger Heath, Debra Denham, Barbara Savio, Gordon Christensen, Michael Paden, Lisa Wimmenauer, Jatha Sadowski. Michael Paden attended both meetings.

We have yet to meet with Dr. Betsy Rodriguez, Vice President for Human Resources, because of scheduling conflicts. Our pension fund, which is now at \$2.1 billion, has declined 27.59% since October 1, 2008. Contributions to the fund (from UM payroll) will likely increase in July of 2009 to compensate for recent reversals. The 2008 Annual Report of the University of Missouri Retirement Disability, Death Benefit will be made available on-line in February 2009.

If you would like to ask questions of our committee, I will be happy to convey them to our members. My email address is HahnA@missouri.edu. Additional information appears at: <http://committees.missouri.edu/retiree-benefits/index.php>.

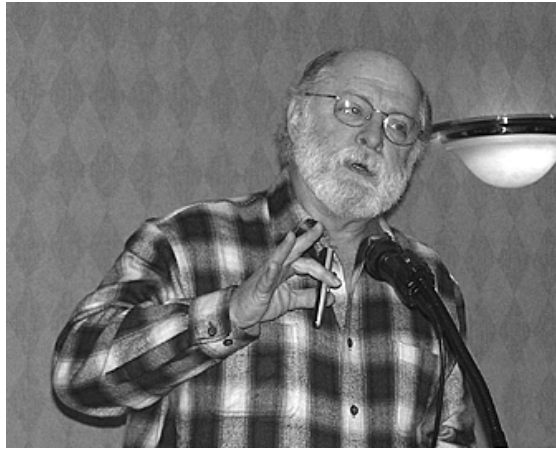
*Holiday luncheon found the
Stotler Lounge full of merriment*



Breakfast lectures ever more popular



John Parker



Larry Brown, MU Professor of Cultural Geography spoke on the topic Whose Land is it? A History of the Israeli-Palestine Conflict.



Mack Jones, MU Professor Emeritus of English presented a lecture titled, That's All Folks: Some possible Endings.

Attendance at MURA breakfast programs continued to increase during the fall and early winter meetings as members satisfy their intellectual curiosity. The change to Jack's Gourmet Restaurant provides cozy meeting facility, hot breakfast, spacious parking, and stimulating presentations. Consider attending MURA breakfast programs during the winter and spring meetings. You may make reservations for programs by contacting John Parker at JParkerok@aol.com, or by phoning him at 573-442-5215, or by mailing your reservation request to John Parker, 2503 Mallard Court, Columbia, MO 65203. (*Cost: \$8.00, payable at the door.*)

Future Presentations

First Tuesday of each month at Jack's Gourmet Restaurant at Business Loop 70, across from Westlake's Ace Hardware.

Mar. 3—*Adult Learning Theory*, Dr. Terry Barnes, past president, Mineral Area Community College.

Apr. 7—*The Holocaust in France*, Aline Kultgen, Columbia educator who grew up in France.

May 5—*You Be the Judge*, Frank Conley, Circuit Judge.



Our fall information meeting featured two speakers from our community

Aging in Place at TigerPlace



Kee Groshong, President of MURA, convened our Fall Information meeting and introduced our program's speakers.



Marilyn Rantz, Professor, Sinclair School of Nursing, spoke about 'Aging in Place' at TigerPlace retirement community.

YouZeum



Glen McElroy, Chair of the Board of Directors, spoke about YouZeum, its mission, and its core beliefs.

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TigerPlace, an active retirement community developed by Americare and the University of Missouri's Sinclair School of Nursing, has recently opened Tiger II, a 22-unit addition. Located on Bluff Creek Drive on Columbia's east side, Tiger II offers spacious one- and two-bedroom apartments, a new surround-sound movie theater, and an enhanced fitness center.

Residents receive health and wellness services through TigerCare, a service of the Sinclair School of Nursing. TigerPlace operates under the State of Missouri pilot program 'aging in place.' Instead of moving from one level of care to another as needs change, residents can receive all levels of services, from assisted-living through skilled home health care.

Plans are underway for the third phase of TigerPlace, with completion expected in early 2010. Neighborhoods at TigerPlace will offer additional skilled nursing services and a large community center, further enhancing TigerPlace's aging in place mission.

Phone 573-256-4620 for a tour and complimentary lunch.

Mission—The mission of the YouZeum is to improve personal, family, and community health by reaching a large, diverse audience with an engaging approach to health education.

Core Beliefs—Achieving and maintaining good health is the key to a happy productive life.

- Through education and interactive experiences, individuals can better understand how their health choices and lifestyle decisions affect their well-being, that of their families, and that of others.
- Education is most effective when presented through multi-dimensional learning experiences that are reinforced through repetition and community.
- In today's health care environment, there is a major need for, and substantial interest in, facilities providing good health information.
- The ideal Missouri community to have such a facility should be centrally located, accessible by interstate and state highways, and have strong health care and educational resources available to support the program.
- We believe the YouZeum will change lives.



Student Rec Center

TIGER EXPRESS PROGRAM

\$20 per month. Admittance:
5:30 a.m. 'til 12:30 p.m. M-F;
10:00 a.m. 'til 12:30 p.m. Sat.

www.MizzouRec.com



Phone 573-874-7700
1701 West Ash Street

Newsletter items

If you have a notice or short article that you feel might be of interest to our readership, please do not hesitate to contact the editor at FreemanT@missouri.edu.

Ray Schroeder Spring Picnic Reservation(s)

May 13 (Wednesday), 10:30 a.m.–1:00 p.m.
Twin Lakes Recreation Area

Name(s) _____

Total price @ **\$8.50** each person _____

Make check payable to MURA
Remit by May 4 (Monday) to:
Barton Boyle
3710 Woodrail On The Green
Columbia, MO 65203-0974
Ph. 573-875-6551; jbb Boyle@socket.net



OSHER Lifelong Learning Institute at the University of Missouri–Columbia

Open House Tuesday, March 3, 10 a.m.–2 p.m.

Spring Classes Begin Monday, March 9

Information at (573) 882-2585

Registration at (573) 882-4349

learnforlife@missouri.edu

<http://extension.missouri.edu/learnforlife/news.htm>



MURA

University of Missouri
MU Retirees Association
P.O. Box 1831
Columbia, MO 65205

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(Check in your address above to see whether or not your membership dues need to be paid.)

MU Retirees Association Membership

Date _____

☐ Renewal ☐ New member Retirement year _____ Title ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. Other _____

Name (last) _____ (first) _____ (middle initial) _____

Permanent address Street and number _____ City _____

State _____ Zip code+4 digits _____ E-mail address _____ Phone _____

Alternate address Street and number _____ City _____

State _____ Zip code+4 digits _____ E-mail address _____ Phone _____

☐ Retired staff ☐ Retired faculty ☐ Spouse of retiree ☐ Pre-retiree

Type of membership (check all applicable)

<input type="checkbox"/> Annual for retiree	\$7.50	<input type="checkbox"/> Annual for pre-retiree	\$7.50
<input type="checkbox"/> Lifetime for retiree	\$75.00	<input type="checkbox"/> Lifetime for pre-retiree	\$75.00
<input type="checkbox"/> Annual for spouse	\$7.50	<input type="checkbox"/> Annual for pre-retiree spouse	\$7.50
<input type="checkbox"/> Lifetime for spouse	\$75.00	<input type="checkbox"/> Lifetime for pre-retiree spouse	\$75.00

Mail with your check to: MURA
P.O. Box 1831
Columbia, MO 65202-1831