

MURA

MU RETIREES ASSOCIATION NEWSLETTER

University of Missouri

<http://mura.missouri.edu>

February 2010

Editor: Tom Freeman

Future 2010 events

Annual Business Meeting

March 6 (Saturday, open parking)
Coffee 9:30–10:00 a.m., Meeting 10:00 a.m.–12:00

Reynolds Alumni Center

Speakers: Brady Deaton; Mike Paden;
Gary Smith: *Campus Changes Since WW II*

Program Committee Meeting

April 7 (Wednesday) 3:00–4:00 p.m.
West Broadway HyVee

Board of Directors Meeting

April 13 (Tuesday) 2:00–4:00 p.m.
Memorial Union S-110

Chancellor's Retirees Luncheon

May 18 (Tuesday) 11:00 a.m.—2:00 p.m.
Hearnes Center Field House
(Invitations to come to all retirees via U.S. Mail)

Ray Schroeder Spring Picnic

Rescheduled for May 26 (Wednesday)
10:30 a.m.–1:00 p.m.
Twin Lakes Recreation Area
Reservation(s) form on page 7

Program Committee Meeting

July 14 (Wednesday) 3:00–4:00 p.m.
West Broadway HyVee

Board of Directors Meeting

July 20 (Tuesday) 2:00–4:00 p.m.
Memorial Union S-110

From Our President's Desk

MURA's purpose is to represent, promote, and protect the interests of MU retirees and advance our University of Missouri. In that pursuit there have been ongoing efforts to secure and maintain a sound pension plan, comprehensive health plans, quantification of all that retirees contribute to our University and community, and expanding our membership.

Jack Miles and I say thanks to all MURA members who supported the recent United Way Campaign. More importantly, congratulations are in order because retirees achieved 113% of our goal. Given the troubling economic conditions, this is an even more significant accomplishment. However, only one in ten MURA members contributed to the campaign and it is hoped that in the future, in better times, the percentage of our member participants will grow.

Retiree organization representatives from our four campuses continue to meet with our UM President and his staff twice each year. The agenda typically includes reports on the status of our University, legislative issues, and a discussion of our retirement and benefits program. Retirees report on activities of their associations, the importance of the retirement benefits, and the need for pension adjustment and for the maintenance of comprehensive health benefits programs. Our MURA officers also meet twice annually with our Chancellor to discuss those same issues and to identify areas in which MURA can be helpful to our university. Our Chancellor's approval and support for any pension adjustment is mandatory inasmuch as funding for that adjustment must come from our Columbia campus. UMRA will continue to promote and protect the interests of our retirees.

Our retirement program is financially strong. The economic downturn did have a negative effect, but there has already been significant recovery. Ours is a defined benefits plan that you can continue to rely upon, and, as retirees, it should remain a non-contributory plan. Given the weakened financial status of our University and the State of Missouri, pension adjustments in the foreseeable future are not likely. As you know, a recent change in our retirement program requires that current employees contribute 1% or 2% of their salary or wages to the pension program. This change does not apply to retirees.

Mark your calendars for three upcoming MURA events: our Annual Business Meeting, our Chancellor's Retirees Luncheon, and the Ray Schroeder Picnic. Election of officers will be held at the Business Meeting, along with presentations by Chancellor Deaton, Mike Paden, and Gary Smith. MURA invites its members interested in serving on our Board of Directors to express their interest to one or more of our Board members.

J. Barton Boyle



University
C L U B

573/882-2586



Nominees for election to our Board of Directors

Our nominating committee offers the following names for election as president elect and as board members at our Annual Business Meeting on March 7, 2010. Terms begin July 1, 2010.

Respectfully submitted,
Kee Groshong (Chair), Jo Behymer,
Rod Gelatt, Elizabeth Bailey,
Veralee Hardin

Nominees:

President elect: Nan Erickson

Board members: John Parker,
 Roger Mitchell, Ken Hutchinson



Nan Erickson
President elect and
Program Chair
(one-year term)

After teaching secondary business education for two years, Nan Erickson came to MU in 1970. She served for almost 26 years, beginning as a secretary in extension and ending as an assistant professor of business education in the Department of Practical Arts and Vocational-Technical Education, College of Education. During this time, she earned her M.Ed. and Ph.D. degrees in vocational education at MU. Her academic duties included preparing undergraduate students to be teachers of business education, supervising their student teaching experiences, and teaching graduate courses to teachers and students seeking their master's and doctoral degrees.

Currently, Nan serves as a content advisor for a beginning teachers' mentoring program implemented by Missouri's Department of Elementary and Secondary Education. She is also a member of the MURA Breakfast Lectures Committee and is recording secretary of Chapter HK Columbia P.E.O., an international organization that promotes and supports the education of women.

Newsletter items

If you have a notice that might be of interest to our readership, contact our editor at FreemanT@missouri.edu

Benefits Program

by Mike Paden



We're now spending more time tracking national and state proposed health care legislation. It remains too early to comment on the potential impact of proposed legislation on UM and its retirees. Please know that we are monitoring and assessing this carefully. When (and if) legislation is passed, we will make every effort to keep you informed on effects on your coverage through UM's Medical Benefits Plan.

Of course, the ever-changing economic situation and stock market have had a significant effect on the market value of assets in the UM Retirement, Disability, and Death Benefit Plan. Plan asset values reached a high of \$2.9 billion in October, 2007. The market value had decreased to \$2.4 billion in October, 2008 and subsequently to \$1.9 billion in early 2009. The market rebound has had a favorable effect on the plan's assets. The value of assets as of 12/31/09 had increased to \$2.4 billion.

Our plan continues in strong financial position despite fluctuations in the market. UM will likely have to increase its contribution rate to the plan in future years. However, please know that UM remains committed to properly funding the plan to meet all of our obligations.

Medical premium rates in 2010 remain lower than that which was required in 2007. Part of this favorable position is due to UM's adoption of a Medicare Part D self-insured program for your prescription drug coverage. Taking advantage of the support available through Medicare in this area has allowed us to keep cost increases to retirees at a minimum.

AARP Taxpayer Assistance

Feb. 1 to April 15

<http://www.dbrl.org/reference/subject-guides/taxes>

Columbia Public Library
 Mon, Wed, Fri, 9 a.m.–12:30 p.m.

During this next year, we will continue to encourage retirees to take advantage of lower costs for maintenance medications by using the Express Scripts home delivery service or University Pharmacies. Using either of these resources for your 90-day maintenance drug purchases will lower your costs as well as your medical plan's costs. Of course, we continue to ask retirees to help us control prescription drug costs by using generic drugs whenever possible and with the approval of attending physicians.

Michael J. Paden
Associate Vice President, Benefits
University of Missouri System
Phone 573/884-3222

Nominations—Chancellor's Retiree of the Year Awards



Darlene Miles

Each spring MU Chancellor Brady Deaton presents awards to two retirees—one faculty and one staff—for their post-retirement contributions to our university and/or community. The purposes of these awards are to: 1) recognize and reward University retirees for extraordinary achievements during their retirement of at least five (5) years; 2) recognize the accomplishments of University retirees; and 3) encourage retirees to contribute to the betterment of our community.

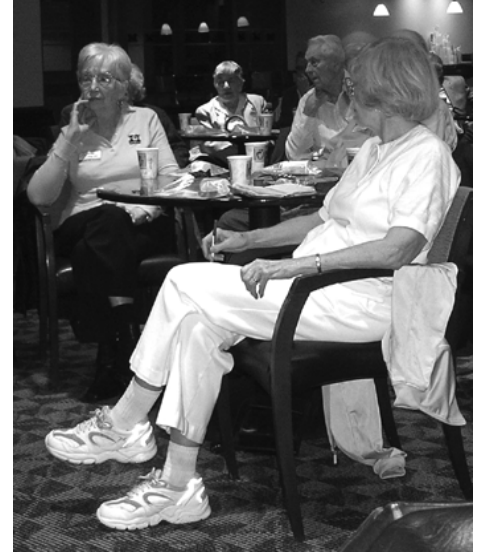
To nominate or re-nominate a person, please complete a nomination form and attach a letter providing the following information:

- 1) *Nominee's extraordinary accomplishments during his/her retirement period*
- 2) *Personal information about the nominee and his/her background*
- 3) *A summary of most important reason(s) why you feel the nominee should receive a Retiree of the Year Award*

In addition to the nomination form, three (3) letters from others should be included in support of your nomination. **Deadline for submitting nominations: March 1st.**

If you have questions, or are in need of a nomination form, please contact me, Darlene Miles, at phone 445-5024 or at email: milesjw@missouri.edu

Fall information meeting featured engaging speakers Chris Kelley and Mike Paden



The Aging Front

by Ann Gowans

Helping the nation create 'Aging Friendly Communities' has been a focus of our American Society on Aging for the past several years. It is believed that the time has come to alert all communities within our country that we need to think of our society as multi-generational—not fragmented into youths, adults, and older people going their separate ways, but a culture that understands and incorporates a commonality of interests. Unfortunately we now seem to be living in a 'Peter Pan' world where increasing numbers of people appear to believe they will never grow old. I read the other day that many people are not saving for retirement because they don't like the word. This kind of head-in-the-sand attitude refuses to accept the reality that we *will* all grow old and every age needs a place to grow, to learn, and to live well within a community environment.



Old age is a time for development, just as youth and middle age have been. We must build opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction. The development of housing that will allow older people to live in their homes as long as they wish and have access to the transportation, mobility, health, social interaction, education, religion, and leisure activity they wish, is primary to this task. We must engage our community leaders in planning and land-

use decisions that will allow age-appropriate places to live and work that include all ages.

A large number of prototypes for *aging friendly communities* are springing up across the country. These range from neighborhoods that incorporate themselves and develop services that will be needed for the residents as they remain at home throughout their older years, to citywide planning and development plans that serve growing numbers of community dwellers. An aging friendly community is one that understands the need for stimulation and growth throughout the life of all people—one in which every person is important to the optimum functioning of a truly happy, healthy community.



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

by Al Hahn

This academic year started with meetings on October 28 and December 17. Those should post to the web site shortly, after approval. Of interest was the comprehensive presentation to the Board of Curators at their August meeting with regard to the University's benefit package. Additional details are available in our Committee's minutes (<http://mura.missouri.edu/benefits-committee/>) and in the Board minutes. Currently, Employees contribute

43%, UM provides the other 57% to the plan. (These data include tax deferred annuities.)

The December 17 meeting had a significant discussion on the contributions to the Pension Plan (a Defined Benefits Plan). The total contribution, which includes both the UM and employee contributions, will be at about 7.6 to 7.7% next year, compared to the 6.12% for this year. In future years, the contribution rate may be much higher. The value of the pension plan has recovered nicely from the lows to about \$2.4 billion. When asked the status of a proposed merger of UM and State health and pension plans, Michael Paden reported that the University continues to oppose the proposition. Combining the programs would cost UM an extra \$44-45 million per year.

We still have a problem finding a time when ALL members of the committee can meet. Retiree members have an easier time meeting than do active faculty and staff. Thus, not all members attend all meetings.

If you want to learn more about the Committee charge, you can go to the website, <http://committees.missouri.edu/retiree-benefits/index.php>. You can see the current members at <http://committees.missouri.edu/retiree-benefitsfddzxmembers.php>. Current Committee retiree members are myself, John Bauman, Doris Littrell and Marge Leavene. If any of you have any questions or items you would like discussed by the Committee, please let me know. My email is hahna@missouri.edu and I can usually be reached at 573-474-4037.

Holiday luncheon returned to Reynolds Alumni Center



activity & recreation center

Phone 573-874-7700
1701 West Ash Street

*Fall social provided comradery
and delightful hor d'oeuvres*

About membership dues

by Ernest Hilderbrand

If your membership date below the return address on this *Newsletter* is 2009 or some prior year please pay your 2010 dues using the Membership Form on the back of this *Newsletter*. It is much simpler to acquire a Lifetime Membership for the bargain price of \$75. If your membership date below the return address is *Life 2010*, or some future year, MURA thanks you for being prompt in keeping your dues current.



If your email address below your membership date is incorrect or missing, or you are not receiving emails from MURA, please send your correct email address to any MURA officer or directly to me, at HilderbrandE@missouri.edu

All MURA's communications to members between *Newsletter* issues is via email. *Thank you for supporting MURA*



MU EMPLOYEE ASSISTANCE PROGRAM

by James Hunter

The University of Missouri Employee Assistance Program (MU EAP) serves employees in three broad business lines: clinical or counseling services; including information and referral to community resources, training and development programs with an emphasis on occupational stress management, and organizational consultation. Recently, the MU EAP has extended its services to retirees of the University. Services offered to retirees are part of an integrated host of comprehensive EAP benefits.

One dimension of supports offered to retirees within the service category of clinical or counseling services is substance abuse prevention. Richard Thoreson, Ph.D., Professor Emeritus and Sarah Wells, MSW, LCSW presented information to the MURA Board of Directors about EAP and its substance abuse prevention services on January 26. The EAP, one of a number of campus resources available to retirees, has undertaken this initiative because the risk of substance abuse is a major health problem for people age 65 and older. The EAP plans to assess the need for substance abuse prevention services for retirees by way of a confidential questionnaire.

Needs Assessment: A First Step in the Initiative

MU EAP will distribute a questionnaire to acquaint retirees with available services and to collect vital information about their needs. A draft survey was distributed to MURA board members



at their January meeting. Board members provided feedback about the questionnaire. It was suggested that the survey be posted on the MURA website.

The Growing Issue of Substance Abuse Among Seniors

Thoreson ascribes the growing problem of substance abuse among age 65 and older people to three factors. (1) With aging, the rate at which alcohol is absorbed becomes slower and remains in the body longer. (2) A second factor is the inadvertent misuse of prescribed drugs by older people. (3) Third, by year 2020, the number of people age 65 and older will double in size from 35 to 70 million. These factors make substance abuse an increasing health risk.

EAP Clinical Services

EAP provides up to five clinical or counseling sessions for retirees and their immediate family at no-cost. Assistance is available to address a wide range of problems such as family, legal, marital, occupational, financial, emotional and alcohol - substance abuse.

Work – Life Services

The EAP website contains a variety of links to virtual resources to help members of the University community manage life stressors. These resources are connected, but are not restricted to financial, health, family and work domains.

MU Employee Assistance Program

102 Parker Hall

406 South 6th Street

Columbia, MO 65211-2340

(573) 882-6701

<http://counseling.missouri.edu/employee-assistance-program/index.php>

2010 Session
Start Dates

Spring

Monday, March 8

Summer

Monday, June 7

*This schedule is for
informational purposes
only and may be subject
to change.*

OSHER  Lifelong Learning Institute
at the University of Missouri–Columbia

Information at (573) 882-2585

Registration at (573) 882-4349

learnforlife@missouri.edu

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

Breakfast lectures diverse and growing



John Parker

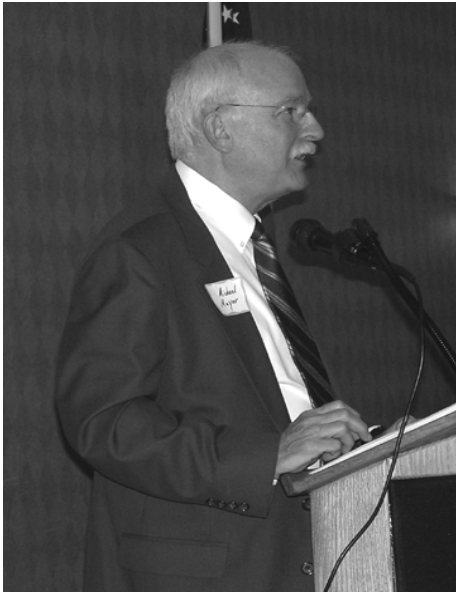
As this February issue of MURA's Newsletter goes to press, interesting speakers are scheduled for spring 2010. As always, we meet at Jack's Gourmet Restaurant beginning with 8:00 a.m. buffet breakfast, followed by remarks by our guest speaker around 8:30 a.m. The price of the breakfast is \$8.00, payable at the door. Because Jack's appreciates a head-count of prospective participants, please reserve in advance by emailing me, jparkerok@aol.com, or by phoning me at 573/442-5215.

Upcoming programs include...

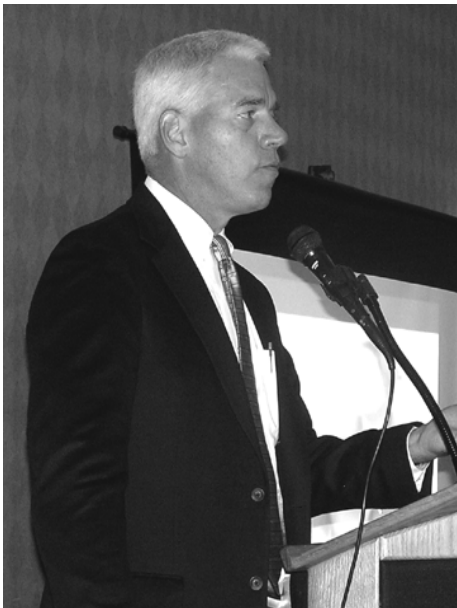
March 2 Professor Stuart Loory, Moderator of National Public Radio's *The Global Journalist* and CNN's Bureau Chief in the former Soviet Union, *Some mistakes in foreign policy of Obama's first year in office.*

April 6 Dr. Larry Brown, MU Professor of Cultural History, *A cultural history of Missouri, it's land, resources, and settlement.*

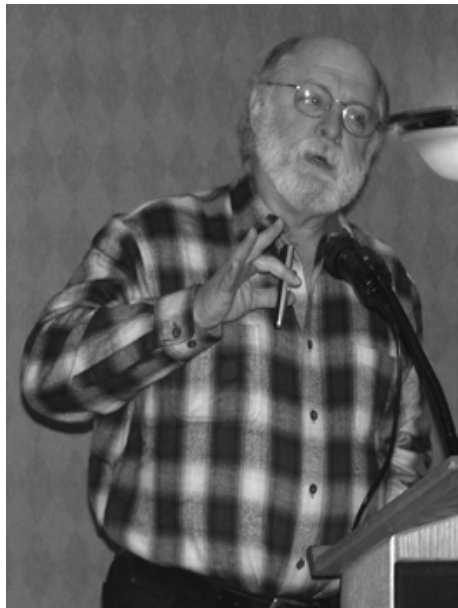
May 4 To be announced



Michael Mayer added humor to *Practical Aging*, energizing a receptive early morning breakfast crowd.



Skip Walther traced the development of our *Missouri Non-partisan Court Plan*.



Larry Brown dramatized *The History of Cultures of Afghanistan*



Paul Wallace guided our audience through *The India-Pakistan-Afghanistan Triangle*.



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

Ray Schroeder Spring Picnic Reservation(s)

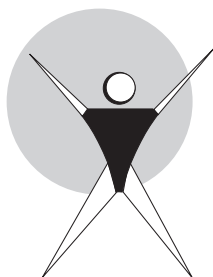
May 26 (Wednesday), 10:30 a.m.—1:00 p.m.
Twin Lakes Recreation Area

Name(s) _____

Total price @ \$8.50 each person _____

Make check payable to MURA
Remit by May 17 (Monday) to:

Jack Miles
4012 Bent Oak Drive
Columbia, MO 65203-6709
Ph. 573-445-5024, milesjw@missouri.edu



Health Connection remains open

by Vicki Curby

MURA was instrumental in keeping The Health Connection (THC) open, arguing that it is a health and fitness facility designed for those wishing to improve wellness through a variety of programs.

In addition to cardiovascular and strength equipment, group fitness classes include aerobics, chair classes, Pilates, Tai Chi, toning, fitness over 50, and yoga. Instructors, who are specialists in working with seniors, adjust class activities for both beginners and advanced exercisers.

THC is in Hillcrest Hall on Stephens College Campus at the corner of William and Walnut (next to Boone Medical Plaza) ph. 882-1718.

Web address: <http://www.muhealth.org/body.cfm?id=239>

University Bookstore

— ♦ Since 1899 ♦ —

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mailed to your home

This 'must-read' is published every Thursday during the academic year and twice each month during the summer. Subscription: \$30 per year (57¢ per week). Phone 882-7357.

For details about MU's 90-day prescription plan, call or visit:



University Hospital Pharmacy
One Hospital Drive
(573) 882-8600

**University Physicians
Medical Building Pharmacy**
1101 Hospital Drive
(573) 882-8300

Green Meadows Pharmacy
3217 S. Providence Road
(573) 882-3151

Fairview Pharmacy
101 S. Fairview Road
(573) 884-1100

Regional Medical Pharmacy
(drive-through)
404 Keene St.
(573) 449-6022

Smiley Lane Pharmacy
(drive-through)
2325 Smiley Lane
(573) 817-3555

Ellis Fischel Cancer Center Pharmacy
115 Business Loop 70 West
(573) 882-8890

For open hours and location maps,
visit www.muhealth.org/pharmacy

MURA

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

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University of Missouri



(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