

# MURA

## MU RETIREES ASSOCIATION NEWSLETTER

University of Missouri

<http://mura.missouri.edu>

July 2009

Editor: Tom Freeman

### Fall/Winter 2009-10 events

#### Program Committee Meeting

September 15 (Tuesday) 1:00–2:00

Memorial Union S-110

**Board Meeting follows**

#### Fall Social

October 13 (Tuesday) 4:00–6:00

Reynolds Alumni Center

U-Club members \$6, non-members \$7

Phone for reservations at 882-2586

(Parking permit on page 7)

#### Fall Information Meeting

November 14 (Saturday, open parking)

Coffee 9:30 a.m., Meeting 10:00 a.m.

(Location to be announced in Oct. Newsletter)

#### Holiday Luncheon

December 12 (Saturday, open parking)

Coffee 10:30 a.m., Luncheon 11:30 a.m.

Reynolds Alumni Center

(Reservation form in October Newsletter)

#### Program Committee Meeting

January 26 (Tuesday) 1:00–2:00

Memorial Union S-110

**Board Meeting follows**

#### Winter Social

February 4 (Thursday) 4:00–6:00 p.m.

Reynolds Alumni Center

U-Club members \$6, non-members \$7

Phone for reservations at 882-2586

(Parking permit in October Newsletter)

### About membership dues

*by Ernest Hilderbrand*



Please check your membership status and email address by looking below the return address on this newsletter. If it says 'Dues are due,'

please pay your 2009 MURA dues. A lifetime membership makes it easier for everyone as concerns dues. If your email address is missing or incorrect, please send your correct email address to [HilderbrandE@missouri.edu](mailto:HilderbrandE@missouri.edu) or some other MURA officer.

### From our president's desk

It is not new news... We are living in turbulent and unpredictable times. If one likes to be safe, predictable, and orderly, one usually depends upon building routines and habits. Our Flagship University (an institution too large to fail) survived the legislative budget process in which they will receive funding equivalent to the previous year with the University commitment to hold tuition at current levels. The lack of predictability resulted in a disappointing delay of construction of the Ellis Fischel Cancer Hospital and the societal benefits of construction jobs, building materials sales and ultimately improved and more convenient health care.



If you are an adventurous person and have learned risk assessment you can see challenge and opportunity in this rapidly changing world. Your MURA organization will pursue these challenges, always being mindful that our Association will strive to represent, promote and protect the interests of the retirees and our University.

Under the leadership of President Kee Groshong and Past President Jo Behymer our MURA membership has enjoyed sustained growth. The extraordinary leadership of Roger Mitchell and Ernest Hilderbrand, Co-chairs of our Membership Committee, along with the efforts of the committee, resulted in this achievement.

Our informational sessions and our social functions had reasonable attendance and were enjoyed by most. I am pleased to report that all these events, save one, will be held at the Reynolds Alumni Center next year. The easy garage access and our familiarity with the building make this a great location for MURA gatherings.

Please refer to the events listing in the newsletter for the dates and locations and please find a way to attend. Your presence, comments, and questions can only improve the effectiveness of MURA.

Please express your appreciation to Kee Groshong, Jo Behymer, members of our board, and members of our various committees for their productive work last year. If you have ideas, suggestions or criticisms please bring them to my attention or to the attention of any member of the Board as we would like to be responsive to your interests.

J. Barton Boyle

# Celebrating MU loyalty—*chancellor's retiree of the year awards*

## TIES TO MIZZOU

Annual Chancellor's Retirees Luncheon renews campus bonds

Chancellor Brady Deaton congratulated James Creed (left), Professor Emeritus of Veterinary Medicine, and Ernest Hilderbrand, retired staff member of Computing Services, with annual Retiree of the Year Awards at the luncheon for retirees April 28 at the Hearn Center.



There were hugs and handshakes when MU retirees gathered April 28 in the Hearn Center for the Chancellor's annual Retirees Luncheon. If one were to sum the many years of service to MU contributed by the more than 250 in attendance, it would surely represent several millennia of campus loyalty and devotion.

Chancellor Brady Deaton congratulated retirees for their continuing contributions to MU and to our Columbia community, pointing out that numerous faculty and staff retirees remain active in teaching and research. "I look around this university and see many retirees so involved in leadership roles," Deaton said. He urged retirees to "stay aware of what's happening in the civic affairs of this state and make sure your voice is heard." The chancellor described the annual luncheon as "a celebration of loyalty."

Kee Groshong, Vice Chancellor Emeritus for Administrative Services and current president of our MU Retirees Association, enumerated contributions made by retirees. For example, retirees give generously to our United Way campaigns.

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When *For All We Call Mizzou* campaign concluded in late 2008, retirees had donated \$29.7 million to the drive, which amounted to 78 percent of total dollars contributed by faculty, staff, and retirees. Groshong urged those retirees who are not already members of MURA to consider joining.

Our annual luncheon provides the occasion in which to recognize particular MU retirees for their contributions to our larger community. A *Retiree of the Year Award* is presented each year to one retired faculty member and one retired staff member. This award recognizes continuing contributions made during five or more years since retirement. The faculty award recipient this year is James Creed, Professor Emeritus of Veterinary Medicine, and the staff retiree award recipient for 2009 is Ernest Hilderbrand, who retired from the Department of Computing Services.

Creed, who retired in 1992, continues to be involved in veterinary medical organizations, such as the committee for the Western States Veterinary Conference. He has also chaired the American Veterinary Medical Association's Conference.

He is also active in the local Optimist Club, where he has held every office in that service organization. He also sits on the High Council of the Mormon Church. Other good deeds include his work with Boy Scouts, in which he assists young men pursuing Eagle Scout achievement. He also often speaks to youth groups about care of their pets.

Hilderbrand retired from Computing Services in 2000. Since then, he has put his expertise to good use, leading our MU Retirees Association in the development and maintenance of our membership and mail databases critical to our group's outreach and efficiency. His work with the Kiwanis Club, Habitat for Humanity, and Cleanup Columbia is widely recognized.

A special project of Hilderbrand's in recent years has been his work with the Midwest Wood Workers Association, in which he is chair of the Toy Project. This past year, he and fellow members built and assembled 2,500 toys that were given to day care centers, the Ronald McDonald House, and other children's service organizations.

*Text taken from Mizzou Weekly 4/30/09*

## UM benefits news

by Mike Paden

We announce the availability of the MyHR system for University retirees. MyHR is a secure website that has been developed to allow



University retirees to access their benefits and certain personal information at the University. Access to MyHR is available at <https://myhr.umsystem.edu>.

A tutorial on how to use MyHR is available at <http://www.umsystem.edu/ums/departments/hr/myhr/>.

Retirees are now able to view the following information:

- Address
- Benefit enrollment status
- Current Federal and State income tax withholdings
- Direct deposit arrangements for retirement benefits. Every retiree will be able to make online changes at MyHR to his/her:
  - Address
  - Federal income tax withholdings
  - Direct Deposit of your monthly benefit payment (aka pension) to your bank account

At MyHR, we've included a section that allows a retiree to provide (and change as needed) his/her current e-mail address that UM will be able to use in communicating with retirees, which will allow for more timely distribution of information at a lower cost to the University. In addition, this ability to maintain e-mail addresses for retirees will be useful to MURA as it communicates with its members. We encourage MURA membership to take advantage of this new provision.

UM Benefits Office: 573-884-3222

University  
C L U B

573/882-2586



## The aging front

by Ann Gowans

I hope you are all having a wonderful summer and are looking forward to a change of season.



At this writing our state legislature has begun their break, and the folks who represent us are looking toward the upcoming challenges of funding senior needs next year. You all need to stay in touch with your representatives in the House, Senate, and Governor's office and let them know your thoughts concerning senior interests. What we of the *Aging Front* want and need is important.

Something I thought you might be interested in is hearing of the latest award for the *Lifelong Learning/Third Age Educational Program* conferred by the *Mind Alert* section of the *American Society on Aging*. This honor went to the *Senior Center Without Walls* in Oakland, California. This program of Senior Resources offers activities, friendly conversation, and an assortment of classes and support groups to home bound elders and those who find it difficult to travel to a

community senior center or lifelong learning facility.

*Senior Center Without Walls* is available to seniors in Northern California who have difficulty getting out to community activities. These might include disability, illness, transportation challenges, care giving responsibilities, and other hindrances. All of the activities take place on the telephone, with participants calling in from their own homes. The program also provides for volunteers who make friendly reminder calls to participants who wish to be called on the days of activities scheduled with the service. This program is something that our MURA members might be interested in exploring.

The *Mind Alert Program* is also doing ongoing studies on cognitive functioning. Their latest results show that regular exercise is one of the best methods for maintaining your mental acuity. Exercises should involve problem solving, playing games—with or without a computer—or old fashioned crossword puzzles. Believe me, it works. Take good care of yourself and have a great summer. I'll be back with you in our October MURA Newsletter.

## Retirement, Health, and Other Benefits Advisory Committee—Report

by Al Hahn



Our committee had an interesting academic year. (Minutes are posted at <http://mura.missouri.edu/benefits-committee/>.)

We met in February

with new VP for Human Resources, Betsy Rodriquez, from whom we heard details of the state of our UM retirement fund.

Perhaps you have already heard that the fund has lost value during the current recession, enough so that actuarial projections required additional infusions from our UM budget. Thus, UM System decided to institute a mandatory contribution from active, full-time employees, based on annual salary. (This adjustment does *not* affect retirees.) However, the fund does appear to have fared economic reversals reasonably well, with no effect

on retiree pensions. Other items discussed included the proposed closing of The Health Connection (THC) in the School of Health Professions. In April our committee met with Dean Richard Oliver, who made clear the financial crisis facing the School, but our committee urged that THC be saved. At a later meeting with an *ad hoc* committee dealing with THC, Dean Oliver, in early May, decided to continue the program, provided that recommendations made by that *ad hoc* committee were implemented. (Editor's note: See Vicki Curby's article on the following page about THC.)

If you wish to learn more about our Committee, go to: <http://committees.missouri.edu/retiree-benefits/index.php>. And, you can see the current members at <http://committees.missouri.edu/retiree-benefits/members.php>. Current retired Committee members include myself, John Bauman, Doris Littrell, and Marge Leavene. I can be reached via my e-mail at [hahna@missouri.edu](mailto:hahna@missouri.edu).



# Ray Schroeder spring picnic draws the usual hungry crowd

Our weather committee did good—providing sun for our May 13 picnic at Twin Lakes.



## 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>

## Breakfast lectures continuing—fall 2009

Attendance at MURA breakfast programs continues to be impressive, as do the speakers. Jack's Gourmet Restaurant provides a cozy meeting facility, hot breakfast, spacious parking, and stimulating presentations. Consider attending MURA breakfast programs during this coming fall term. You may make reservations for programs by contacting me directly at JParkerok@aol.com, or by phoning me at 573-442-5215, or by mailing your reservation request to me at 2503 Mallard Court, Columbia, MO 65203. (*Cost continues to be an affordable \$8.00, payable at the door.*)

### Fall schedule:

**Sept. 1**—Mike Alden, MU Athletic Director, *Intercollegiate Athletics in Academia*

**Oct. 6**—Dr. Paul Wallace, MU Professor Emeritus of Political Science, *The India - Pakistan-Afghanistan Triangle*

**Nov. 3**—Skip Walther, President, Missouri Bar Association, *Missouri Non-partisan Court Plan*

**Dec. 1**—Dr. Mike Mayer, Columbia psychologist, *Gourmet Aging*



by John Parker



Aline Kultgen's thought-provoking presentation of her personal experiences titled *The Nazi Holocaust in France*.

# Health Care

**Family, friends, and Del McMillan.** Del has been your neighborhood pharmacist for more than 10 years. Every day his goal is to provide the best service, the best information, and the best care possible. He knows that something as simple as talking to your pharmacist can go a long way in maintaining your health. So, get to know the friendly and knowledgeable staff like Del at your neighborhood University pharmacy. You will surely discover yet another good thing about our town.



*Del McMillan*

To fill a prescription, or for details about MU's 90-day prescription plan, please call or visit:

## University Hospital Pharmacy

One Hospital Drive  
(573) 882-8600

## University Physicians

Medical Building Pharmacy  
1101 Hospital Frive  
(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](http://www.muhealth.org/pharmacy)

# OSHER Lifelong Learning Institute at the University of Missouri

You are invited to attend OLLI's 2009 fall semester open house on **Wed., Sept. 9, 10 a.m.–1 p.m.** at 3215-B LeMone Blvd. Come chat with teachers of fall classes

that will begin on **Monday, Sept. 14** (one week after Labor Day) as you enjoy a continental breakfast, light lunch, and a variety of goodies with iced tea.

Information at (573) 882-2585, Registration at (573) 882-4349

E-mail: [learnforlife@missouri.edu](mailto:learnforlife@missouri.edu), Web address: [learnforlife.missouri.edu](http://learnforlife.missouri.edu)



## *'The Educability and Wisdom of the Human Body—Reconnecting Body, Mind, and Spirit'*

Karen Onofrio, MD, explains human anatomy to her students. "You may believe and give in to the myth of aging, or you may take control of time's impact by gaining a fuller understanding of how your body's critically important systems function," says the former MU pathologist. Karen is also an artist.

# MURA Board of Directors

July 1, 2009–June 30, 2010

President  
Past-president  
President-elect  
Secretary

Treasurer  
Members at large, staff  
Members at large, faculty

## *Standing committee chairs:*

Finance  
Membership  
Program  
Communications  
Ombudsman  
Retirement, health, and other benefits  
University liaison  
Awards  
Governmental affairs  
Nominating

## *Ex-Officio (non-voting):*

Historian  
*Ad Hoc:*  
Audit

## *Other ex-officio:*

University retiree benefits  
Faculty council representative  
Staff council representative  
Web manager

Barton Boyle  
Kee Groshong  
Jack Miles  
Mary Ellen Kanak  
Gary Zwonitzer  
Marlene Duffield, Darlene Miles, John Parker  
Richard Dowdy, Veralee Hardin Phillips, Bob Stewart

Gary Zwonitzer  
Ernest Hilderbrand  
Jack Miles  
Tom Freeman  
Jim Bunton  
Al Hahn  
Gary Smith  
Darlene Miles  
Ken Schneeberger  
Kee Groshong

G.B. Thompson

Libby Miederhoff

Bob Stewart  
Ed Hunvald  
Marlene Duffield, Libby Miederhoff  
Rebecca Calvin

## Our March business meeting featured a number of speakers



Chancellor Deaton enumerated developments in his favorite activities—teaching, research, and service.



Betsy Rodriguez, Vice President for Human Resources, spoke on the state of UM benefits in today's economy.



Marilyn Rantz described the facilities provided by Tiger Place—Independent living by Americare & The Sinclair School of Nursing. A comprehensive animated virtual tour of Tiger Place can be *Googled* at **Tiger Place**.

## The annual Chancellor's Retirees Luncheon attracted its usual crowd and speakers, along with a number of University program exhibits



Health Professions and MURA Membership were only two of a dozen booths representing MU programs.



UM President Gary Forsee shared with the crowd at the Chancellor's Annual Retirees Luncheon his vision for the future of our University.



## Anyone wish to lend a hand to students moving into residence halls in August?

*From Dick Otto*



Faculty, staff, and retirees will gather on Wednesday, August 19 at 12:15 p.m. in the lobby of the Reynolds Alumni Center. From there we will go to residence halls. Volunteers will receive a commemorative T-shirt. Our day will end no later than 4:30 p.m., but we usually run out of students before then. I will assist with assembling our group and guiding volunteers to the proper locations. Let me know at [OttoR@missouri.edu](mailto:OttoR@missouri.edu) if you need more information. Last year helpers included MURA members Kee Groshong, Gary Smith, and Barton and Charmian Boyle.

### *New students*



### *Aging helpers*



Submitted by Gary Zwonitzer, Treasurer



# ONE-DAY PARKING PERMIT

**MU Retirees Association**

**Fall Social**

**Reynolds Alumni Center**

(Place on dashboard facing forward.)

**October 13 (Tuesday)**

**4:00 p.m.–6:00 p.m.**

**Turner and**

**Conley Street Garages**

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*Driver of this vehicle*

MURA Income And Expenses			
July 1, 2008- June 30, 2009			
<b>Balance on hand July 1, 2008</b>		<b>\$6,165.29</b>	
<b>Income</b>			
Dues-Annual		\$2,843.00	
Dues-Lifetime		5,850.00	
Interest Group Luncheon		361.00	
Golf Fees		1,700.00	
Vanguard Fed Bond Fund		277.75	
Vanguard VGI 500 IX Inv		981.74	
Holiday Luncheon		2,304.00	
Spring Picnic		<u>994.25</u>	
	Total Income		<u>15,311.74</u>
<b>Beginning Balance and Income</b>			\$21,477.03
<b>Disbursements</b>			
<b>Operations</b>			
J Boyle AROHE Meeting Exp		\$1,200.00	
AROHE Dues		100.00	
Copy Expense		102.05	
Filing Fee State of Missouri		20.00	
Advertising		45.00	
Postage		16.80	
Invest in Vanguard 500 Index FD		<u>5,000.00</u>	
	Subtotal		\$6,483.85
<b>Golf Tournament</b>			
Green Fees, Col Parks & Rec		\$744.50	
Green Fees, Univ of Missouri		566.00	
Rex Dillow, Expenses		<u>385.66</u>	
	Subtotal		\$1,696.16
<b>University</b>			
Printing Brochures & Letterhead		\$583.94	
Business Meeting		324.96	
Interest Group Luncheon		298.91	
Fall Information Meeting		324.96	
Holiday Luncheon		<u>2,572.32</u>	
	Subtotal		\$4,105.09
<b>Newsletter</b>			
Postage		\$830.22	
Publishing/Printing		<u>1,315.71</u>	
	Subtotal		\$2,145.93
<b>Miscellaneous</b>			
Twin Lakes Shelter Rental		\$40.00	
Post Office Box Rent		\$26.00	
Spring Picnic		<u>\$936.00</u>	
	Subtotal		<u>\$1,002.00</u>
	Total Disbursements		<u>\$15,433.03</u>
<b>Checkbook Balance June 30, 2009</b>			<u>\$6,044.00</u>
<b>Other Assets</b>		<b>07/01/08</b>	<b>06/30/09</b>
Lifetime Members Reserve Acct: Vanguard Portfolio			
Short Term Fed Bond ( \$8,000 Invested)		\$7,945.71	\$8,167.67
500 Index Fund (\$42,000 Invested)		45,300.33	37,576.96
Certificates of Deposit, BCNB (Matures 09/08/09)		<u>1,853.02</u>	<u>1,878.82</u>
<b>Total Other Assets</b>		<u>\$55,099.06</u>	<u>\$47,624.22</u>

# MURA

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

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
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 65205-1831