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

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 or some other MURA officer.
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 Hearnes Center.

There were hugs and handshakes when MU retirees gathered April 28 in the Hearnes 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.

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

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 Rodriguez, 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.
Ray Schroeder spring picnic draws the usual hungry crowd
Our weather committee did good—providing sun for our May 13 picnic at Twin Lakes.

Aline Kultgen’s thought-provoking presentation titled The Nazi Holocaust in France.

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

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

by John Parker

Breakfast lectures continuing—fall 2009

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 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

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, Web address: 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

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 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

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.

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.

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

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?

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 if you need more information. Last year helpers included MURA members Kee Groshong, Gary Smith, and Barton and Charmian Boyle.

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.

From Dick Otto

New students

Aging helpers
## MURA Income And Expenses
### July 1, 2008 - June 30, 2009

**Balance on hand July 1, 2008**
$6,165.29

**Income**
- 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: 994.25

**Total Income**: $15,311.74

**Beginning Balance and Income**: $21,477.03

**Disbursements**

**Operations**
- 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: 5,000.00

**Subtotal**: $6,483.85

**Golf Tournament**
- Green Fees, Col Parks & Rec: 744.50
- Green Fees, Univ of Missouri: 566.00
- Rex Dillow, Expenses: 385.66

**Subtotal**: $1,696.16

**University**
- Printing Brochures & Letterhead: 583.94
- Business Meeting: 324.96
- Interest Group Luncheon: 298.91
- Fall Information Meeting: 324.96
- Holiday Luncheon: 2,572.32

**Subtotal**: $4,105.09

**Newsletter**
- Postage: 830.22
- Publishing/Printing: 1,315.71

**Subtotal**: $2,145.93

**Miscellaneous**
- Twin Lakes Shelter Rental: 40.00
- Post Office Box Rent: 26.00
- Spring Picnic: 936.00

**Subtotal**: $1,002.00

**Total Disbursements**: $15,433.03

**Checkbook Balance June 30, 2009**: $6,044.00

**Other Assets**

<table>
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<tr>
<th>Lifetime Members Reserve Acct: Vanguard Portfolio</th>
<th>07/01/08</th>
<th>06/30/09</th>
</tr>
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<tr>
<td>Short Term Fed Bond ( $8,000 Invested)</td>
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<td>500 Index Fund ( $42,000 Invested)</td>
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<td>1,878.82</td>
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**Total Other Assets**: $55,099.06 $47,624.22
(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)

- - - - - - - -

Annual for retiree  $7.50  ☐  Annual for pre-retiree  ☐  $7.50
Lifetime for retiree  $75.00  ☐  Lifetime for pre-retiree  ☐  $75.00
Annual for spouse  $7.50  ☐  Annual for pre-retiree spouse  ☐  $7.50
Lifetime for spouse  $75.00  ☐  Lifetime for pre-retiree spouse  ☐  $75.00

Mail with your check to: MURA
P.O. Box 1831
Columbia, MO 65205-1831