

# MURA

University of Missouri-Columbia  
<http://mura.missouri.edu>

October 2009  
Editor: Tom Freeman

## From Our President's Desk

There are many MURA events to remember and plan for before the February newsletter: The Fall Social in October, the Fall Information Meeting in November, and the Holiday Luncheon in December.



A special word about the Fall Information Meeting: It will be in a new venue for MURA—the Clinton Room in the Mizzou Basketball Arena. There is lots of parking behind the arena on its south side, and not a single step from the parking lot to your seat in the Clinton Room. Please call one or more other MURA members and come together.

Please consider to always assume “IT” is your responsibility. Take on jobs or tasks even if they aren’t yours. That will create action and will contribute in almost any situation. If you automatically assume it is your responsibility and do something about it, only positives will result, e.g., MURA membership, MURA committee participation, and community volunteering!

Our United Way Campaign is underway. You will soon receive a letter and donor card, and I encourage you to consider that your donation will remain local and will support local agencies that address Mid Missouri needs. Our MURA membership continues to surpass the goal established for it, and this year our goal will be increased over that in previous years. There is significant room for growth and achievement inasmuch as historically only 10% of our membership has participated in this important campaign. Please think responsibility and join your fellow retirees in doing what you can.

J. Barton Boyle

### ***It's never too too late to help the less fortunate***



- Adult Day Connection
- Alzheimer's Association
- American Red Cross
- Big Brothers Big Sisters
- Boone County Council on Aging
- Boonslick Heartland YMCA
- Boy Scouts of America
- Boys & Girls Club
- Boys & Girls Town of Mo.
- Camp Hickory Hill for Diabetic Children
- Central Mo. Food Bank
- CMFB Pantry
- Community Nursery Schools
- Easter Seal Society
- Family Counseling Center
- Family Health Center
- Fun City
- Harrisburg Preschool
- Harvest House, Inc.
- Heart of Mo. Girl Scouts
- Job Point (formerly Advent)
- Lutheran Family & Children's Services
- Meals on Wheels
- Nora Stewart Nursery School
- OATS Transportation Services
- Phoenix Programs, Inc.
- Rainbow House
- Services for Independent Living
- The Salvation Army
- University Y
- Unlimited Opportunities
- Voluntary Action Center
- Women's Shelter

# MU RETIREES ASSOCIATION NEWSLETTER

## Future 2009 events

### 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 of July Newsletter)

### Fall Information Meeting

November 14 (Saturday, open parking)  
Coffee 9:30 a.m., meeting 10:00 a.m.  
The Clinton Room, Mizzou Arena  
(Enter through the south main door of arena)

### Holiday Luncheon

December 12 (Saturday, open parking)  
Coffee 10:30 a.m., Luncheon 11:30 a.m.  
Reynolds Alumni Center  
(Reservation form on page 7)

## Winter-spring 2010 events

### Program Committee Meeting

January 20 (Wednesday) 3:00, West HyVee

### Board Meeting

January 26 (Tuesday) 2:00–4:00  
Memorial Union S-110

### 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 on page 7)

### Annual Business Meeting

March 6 (Saturday, open parking)  
Coffee 9:30–10:00, Meeting 10:00–12:00  
Reynolds Alumni Center

### Chancellor's Retirees Luncheon

tba via letter from Chancellor Deaton  
11:00–2:00, Hearnes Center Field House

### Ray Schroeder Spring Picnic

May 19 (Wednesday) 10:30–1:00  
Twin Lakes Recreation Area  
(Reservation form in February Newsletter)

## UM benefits news

by Mike Paden

In October of this year, UM retirees will receive new booklets and/or compact discs that provide up-to-date information on the health



care programs that are available to them through UM. The primary coverage changes for 2010 are a result of the University's need to comply with new Federal legislation in the form of the Mental Health Parity Act. The focus of this legislation is to require that mental health services be covered at the same level of benefits as other medical services. Both the Catastrophic Health Care Program and the Retiree Indemnity Medical Program will be modified effective January 1, 2010 to comply with this Act. Detailed information on these changes will be provided directly to all retirees sometime this month of October.

October 26 to November 9 will be the enrollment change period for 2009. While most retirees find it unnecessary to change their UM benefits enrollment from year to year, we do offer this annual enrollment change period. Retirees will receive detailed information on this opportunity as well.



from Dianne Drainer

Mizzou Legislative Network (MLN) is a grassroots lobbying coalition that engages and informs Mizzou alumni and friends in efforts to help shape public policy and influence the political process in support of higher education. Because of term limits, many new legislators might not be familiar with Mizzou's unique role in Missouri. *Show your pride and let them know of your support for Mizzou!*

To become more informed and receive information on legislative issues important to Mizzou, you can register your interest at: [www.Mizzou.com/AdvocateforMU](http://www.Mizzou.com/AdvocateforMU)

If you wish to receive additional information about MLN and legislative issues that impact Mizzou, please contact M. Dianne Drainer, MAA Advocacy Director, at [drainermd@missouri.edu](mailto:drainermd@missouri.edu) or at 573-882-0078.

During the last few years, we have been successful in keeping medical and dental premiums below national trends. This will continue for 2010. Below is a summary of average premium increases that will be implemented in 2010. These increases will apply both to the University and to retiree portion of premiums. Also, they might differ slightly in accordance with coverage category.

### *UM Choice Health Care Program*

5%

### *UM Catastrophic Health Care Program*

5%

### *UM Retiree Indemnity Medical Program*

5%

### *For those who retired prior to 9/1/90*

### *UM Retiree Indemnity Medical Program*

2%

### *For those who retired on or after 9/1/90*

### *UM Dental Benefits Plan*

3%

Now, as concerns possible national health care reform: Please know that our University has established a team to monitor and assess any national health care reform that might develop. This team includes individuals from our University's health care provider community, our human resources and benefits area, as and UM's government relations area.

*Michael J. Paden  
Associate Vice President, Benefits  
Phone 573-884-3222*

Become informed on issues important to Mizzou.

**Advocate for MU**

**MIZZOU ALUMNI**  
ASSOCIATION

## Nominating for a Chancellor's Retiree of the Year award

Every spring our MU chancellor presents awards to two retirees—one faculty and one staff—for their post-retirement contributions to our university and/or community. Selection is based on contributions made during his/her retirement period of at least five years. (Contributions made prior to retirement do not apply.)

To nominate or renominate a person, you should complete the form below and attach your letter detailing the following:

1. personal background information
2. extraordinary contributions
3. particular reasons for nomination

In addition, you're invited to include up to three letters in support of your nomination. Awardees must accept his/her award at the annual Chancellor's Retirees Luncheon. Questions should be directed to Darlene Miles at 445-5024 or [MilesJW@missouri.edu](mailto:MilesJW@missouri.edu)



Darlene Miles

### **2010 Chancellor's Retiree of the Year Nomination**

Nominee \_\_\_\_\_  
 Retired Faculty     Retired Staff

Dept. or Unit \_\_\_\_\_

Year of retirement \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Nominator \_\_\_\_\_  
 Faculty     Staff     Student     Alum

Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_  
\_\_\_\_\_

*Return this form and supporting letters by February 1, 2010 to:  
Darlene Miles  
4012 Bent Oak Drive  
Columbia, MO 65203-6709*

## **Our September 1 MURA breakfast lecture series featured key representatives of our MU Athletics Program...**



*President Barton Boyle welcomed our breakfast lecture crowd and introduced speakers Mike Alden and Bryan Maggard.*



*Mike Alden, Director of Athletics, gave a rousing report of our many athletes, both on and off the varied fields of play.*



*Bryan Maggard, Associate Director of Athletics—Academic Services, reported on the exemplary scholarship of MU athletes.*

### ***...also, Jack's customary winning breakfast buffet***



As this October issue of MURA's Newsletter goes to press, Professor Paul Wallace, MU Professor Emeritus of Political Science and authority on India, Pakistan, and Afghanistan is shaping his assessment of current affairs in these three countries, with emphasis on their interconnectedness. Wallace, who returned earlier this year from an extended visit to India, recently suggested: "These three countries are inextricably related to one another in terms of on-going conflicts in Afghanistan and Pakistan and various terrorist activities, such as the November 26, 2008 attack on Mumbai, India." Wallace also offers a commentary on how the Obama Administration is dealing with these complexities and the options that exist for U.S. involvement.



*by John Parker*

As usual, we meet at Jack's Gourmet Restaurant, beginning with 8:00 a.m. breakfast, followed by remarks by our guest speaker at or around 8:30 a.m. The price of the breakfast buffet is \$8.00, payable at the door. Because Jack's needs a count of prospective attendance, please reserve in advance by emailing [jparkerk@aol.com](mailto:jparkerk@aol.com), or by phoning 573/442-5215.

Upcoming programs, in addition to that of Professor Wallace, for our MURA breakfast lectures include the following:

**Oct. 6** Professor Paul Wallace, MU Professor Emeritus, *The India, Pakistan, Afghanistan Triangle*

**Nov. 3** Skip Walther, President of Mo. Bar Assoc., *Missouri Non-partisan Court Plan*

**Dec. 1** Dr. Michael Mayer, Counseling Psychologist, *Practical Aging*

**Jan. 5** Professor Larry Brown, *A Cultural History and Geographical Analysis of Missouri: Our Land Resources and Settlement*

**Feb. 2** Conductor Alex Innecco, *A History of Classical Music*

**Staff and MURA members helped students (with some parents?) move into dorms on August 19th**



**Dick Otto, pre-retirement MURA member, served as trail boss.**



*(a public service announcement)*

**University  
Bookstore**

♦ Since 1899 ♦

*(expect information about the spring Osher session in February)*

**OSHER**  **Lifelong Learning Institute**  
*at the University of Missouri*

*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 Aging Front

by Ann Gowans

Because many of us are experiencing losses in income, increased health care costs, and hikes in the cost of living, now is the time for adult children and their elders to spend some time planning.



Elders should think about how, where, and with whom they wish to grow older and initiate a discussion of these issues with their children. This sharing of thoughts should include financial concerns as well as compatibility considerations. No need to assign power of attorney and/or allow any assuming of financial responsibilities, but everyone needs to know where things stand. Every party in this discussion should know about public and private services that are available to their aging parents.

Elders should live within their means without cutting expenses short and recognize that getting help now can extend independence, even though it might be costly.

Adult children should recognize that their parents are growing older and will need a growing degree of support and might need to be encouraged to discuss their wishes and needs. Never try to take over. Children need to understand that parents must decide how, when, and where, until they are no longer competent to make such decisions. Children must also offer to help with certain tasks before they are asked.

Children should look into what community resources might be available to their parents, including costs, and how they might help. Often having help in the home three to four hours per day several days a week might be all that is needed. Do not expect neighbors, friends, Medicare,

Social Security, or public programs to take care of all of parents' needs. Consider organizing a family meeting with a professional geriatric care manager to help sort out complex or entitlement programs and issues and don't wait until a crisis occurs. *Do it now!*

## Nominating for MURA Board of Directors

Our nominating committee encourages members to help identify persons willing to serve on our MURA Board of Directors. We need your help in identifying potential candidates. Please contact one of the following members of our committee to volunteer and/or to suggest one or more candidates.

With thanks...

*Kee Groshong (Chair) 442-5371  
Jo Behymer 442-6783  
Rod Gelatt 443-7216  
Veralee Hardin 445-4766  
Liz Bailey 449-7677*



## Report on Chancellor's Advisory Committee on Retiree, Health, and Other Benefits

by Al Hahn

Last year's minutes can be read at <http://mura.missouri.edu/benefits-committee/>. A new committee has been constituted but with the same retiree members: Al Hahn (Chair), Doris Littrell, John Bauman, and Marge Leavene. Other members representing faculty are June DeWeese (Ellis Library), David Mehr (Family and Community Medicine), Peter Wilden (Medical Pharmacology and Physiology), and Steve Pallardy (Forestry). Those representing staff are Jack Batterson (Library), Barb Savio (Grants and Contracts), Leanne Peace (Mo. Kidney Program), plus one vacant staff position. *Ex officio* members are Lisa Wimmenauer (Business Services) and Bonnie Gregg and Jatha Sadowski (HR).

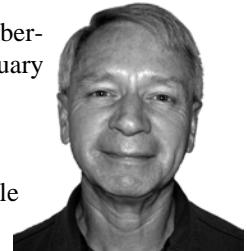
If you wish to learn more about our Committee's charge, you can visit the website <http://committees.missouri.edu/retiree-benefits/index.php>. You can see the current members at <http://committees.missouri.edu/retiree-benefits/members.php>. We hope to begin meeting again sometime in early to mid October as soon as we can choose a time that meets with most people's schedules. If any of you have any comments, suggestions, or items of interest that you would like discussed by our Committee, please let me know. My email is [hahna@missouri.edu](mailto:hahna@missouri.edu) and I can usually be reached by phone at 573/474-4037.

Those wishing to view the circumstances of UM Retirement Funds should go to: <http://www.umsystem.edu/ums/departments/fa/treasurer/retirement/>

## About membership dues

*by Ernest Hilderbrand*

MURA's 2010 membership year begins January 1, 2010 and ends December 31, 2010. Therefore, MURA's 2010 dues are payable beginning January 1, 2010 or earlier.



Please check your membership status and email address by looking below the return address on this newsletter. If it says *Please pay 2009 MURA dues* it means that 2009 MURA dues have not yet been paid. If it says *2010 dues January 2010* please pay your 2010 dues soon. Otherwise it will indicate the year at which your dues are paid or *Lifetime member*. lifetime membership simplifies one's life, insofar as MURA dues are concerned.

If your email address is incorrect or missing, please send correct email address to [HilderbrandE@missouri.edu](mailto:HilderbrandE@missouri.edu) or to any other MURA officer. Thank you for your interest in MURA. *Enjoy this newsletter!*

# Hear ye Holiday Luncheon 2009

(Reservation form on following page 7)



'Santa' aka our  
very own G.B.  
Thompson

## Santa's gifts

It's time to pledge your gift(s) for the drawing at our Saturday December 12 Holiday Luncheon. Many members have shared their arts, crafts, and whatever in the spirit of giving. If you would like to be a part of this tradition, please provide G.B. Thompson with a description of your gift at 445-4339 or gbt4cd@mizzou.edu. Please contact G.B. by Wednesday, December 9.

## Book exchange

This is to once again invite all of you attending our 2009 Holiday Luncheon to bring a give-away book to share with others. Upon arrival, just place your book on the 'literary table.' Then, at the conclusion of our luncheon, choose a book from the table to take home and enjoy.

Be informed of legislative activities impacting MU

## Legislative Update

Subscribe (at no charge)  
today at

[www.umsystem.edu/subscribe](http://www.umsystem.edu/subscribe)

...in order to receive regular updates from the Government Relations e-newsletter

## The Boyle Court MURA Board of Directors

July 1, 2009–June 30, 2010

President	Barton Boyle
Past-president	Kee Groshong
President-elect	Jack Miles
Secretary	Mary Ellen Kanak
Treasurer	Gary Zwonitzer
Members at large, staff	Marlene Duffield, Darlene Miles, John Parker
Members at large, faculty	Richard Dowdy, Veralee Hardin Phillips, Bob Stewart
<i>Standing committee chairs:</i>	
Finance	Gary Zwonitzer
Membership	Ernest Hilderbrand
Program	Jack Miles
Communications	Tom Freeman
Ombudsman	Jim Bunton
Retirement, health, and other benefits	Al Hahn
University liaison	Gary Smith
Awards	Darlene Miles
Governmental affairs	Ken Schneeberger
Nominating	Kee Groshong
<i>Ex-Officio (non-voting):</i>	
Historian	G.B. Thompson
<i>Ad Hoc:</i>	
Audit	Libby Miederhoff
<i>Other ex-officio:</i>	
University retiree benefits	Bob Stewart
Faculty council representative	Ed Hunvald
Staff council representative	Marlene Duffield, Libby Miederhoff
Web manager	Rebecca Calvin

## Working tirelessly in your behalf



(clockwise from the left) Al Hahn, John Parker, Jack Miles, Barton Boyle, Kee Groshong, Mary Ellen Kanak, and G.B. Thompson



## Holiday Luncheon Reservation(s)

Saturday, December 12, 2009

Reynolds Alumni Center

10:30 a.m. coffee and song

11:30 a.m. luncheon

For name tags:

Guest #1 \_\_\_\_\_

Guest #2 \_\_\_\_\_

Guest #3 \_\_\_\_\_

To reserve for additional guest(s),  
attach a note with name(s) and entree(s).

Total remittance @ \$20.00 each guest \$ \_\_\_\_\_

<i>Check (✓) to match guest # with entree</i>	#1	#2	#3
Baked Norwegian salmon			
Sliced top sirloin			
Swiss & herb bowtie pasta			

Make check payable to MURA  
**Remit by Thursday, December 3 to...**

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

**No refunds for cancellations after Thur., December 3**

## 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>



activity & recreation center

Phone 573/874-7700  
1701 West Ash Street

*University*  
C L U B

573/882-2586



## TEMPORARY PARKING PERMIT

For Turner and  
Conley Avenues Garages

Driver of this vehicle:

(name) \_\_\_\_\_

**MU Retirees Assoc.**

**Winter Social**

Reynolds Alumni Center

**Thursday, February 4, 2010**  
**4:00 p.m.–6:00 p.m.**

(Place on dashboard facing forward.)



**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](http://www.MizzouRec.com)

# 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 Application

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