

MURA going strong as members exemplify health and well-being during two years of COVID



Ruth Tofle

Dear MURA members,

Health and well-being! It's at the forefront of our minds. Living through lock-down and quarantine times and now living in a cautionary COVID transition period, we continue to care about wellness.

The World Health Organization states:

"Health is a state of complete physical, mental and social well-being not merely the absence of disease or infirmity." Within this broadened definitional scope, MURA's social and educational programs have been welcomed.

During the past two years, in-person event attendance increased. All events were entirely virtual from April 2020 to August 2021. Hybrid events began with in-person restrictions in September 2021 with 32 guests. Attendance tripled to 95 guests at the April 2022 Spring Social without restrictions.

This MURA News issue features volunteer work in health and well-being in the context of our year-long theme of volunteering.

As demonstration of active retiree involvement in the past six years, six MURA members were honored as the Chancellor's Retiree of the Year. Because of different ways to serve in diverse organizations, volunteer work in health and well-being is organized here as physical and mental health care, food and nutrition, and mobility and fitness.

ADVOCACY FOR RETIREES is a vital and ongoing objective – as emphasized in our recent member survey.

The MURA Board of Directors opposed a change in the UM Collected Rules and Regulations that would affect future cost of living adjustments. MURA opposition was endorsed by the three other UM Retiree Associations and the MU Faculty Council. A summary article is included in this newsletter with further background information on the various websites.

IN THIS LAST NEWSLETTER OF OUR MURA YEAR, I want to extend sincere thanks to those who have served and will be handing over their duties to others – Dick Otto, who served as both chair and co-chair of the membership committee for many years; Marty Townsend, who served in the ombudsman-faculty role; Mary Jo Herde, who completed her term as the staff-member-at-large and chair of the awards committee; Tom Henderson, who completed a second term chairing the scholarship committee and the past presidents' committee; and Libby Miederhoff, who chaired the audit committee.

And hats off to Betsy Garrett. Her wisdom and guidance as physician and leader during her extended term as past president

was invaluable during the uncertainties of the pandemic. I sincerely appreciated Betsy's steady guidance and mentorship.

MURA IS A 32-YEAR-OLD, STORIED ORGANIZATION with a clear purpose, shared governance and goals for continuing improvement. My two-year stint as president occurred during the pandemic and with challenges to the use of UM email and a

revision in the UM Collected Rules and Regulations relating to pensions. We responded with a "call to arms," collaborative spirit and problem solved.

On other fronts, we advanced forward with significant accomplishments to increase member access, upgrade technology, boost communications, strengthen finances, archive history and support MU/UM.

I am thankful to so many members who contribute to MURA's vibrant and enduring strength. And I look forward to supporting Ina Linville who will bring new energy, insight and delight to the role of MURA president this coming year.

Sincerely,

Ruth Tofle, MURA President



Honoring the 2022 Chancellor's Retiree Award Recipients

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MURA members generously support MU and local community

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MURA volunteers making a difference in health and well-being

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Awards, generosity, get-togethers highlight MURA Spring Social

WINNERS of the MURA Kitty Dickerson Scholarship and of the Chancellor's Faculty and Staff Retirees of the Year were recognized at the MURA Spring Social on April 15.

UM President Mun Choi hosted the event at the Columns Club in Memorial Stadium. There were 95 guests.

The program also recognized student and retiree generosity in contributing to United Way and the University of Missouri.

In the past, the university has had annual celebrations for these recognitions. Now that COVID is in better control, retirees took the in-person celebration as an opportunity to "catch up" for the past three years.

The \$10/person registration and contributions totaled \$1,200 for the MURA scholarship endowment.

By Ruth Tofle, MURA president



Three MU students win \$1,500 MURA Kitty Dickerson Scholarships

DARIUS LEE, BROOKE ANICH AND DANIELA CALLE are the three winners of the MURA Kitty Dickerson Scholarship for the 2022-23 school year. The students were selected by the MU Student Financial Aid Office on behalf of MURA. Each will receive a scholarship of \$1,500.

Susan Hartnagel, senior assistant director of financial aid, says, "I want to thank the MU Retirees Association for providing these scholarships, and I'm incredibly inspired by Brooke, Daniela and Darius. They are excelling in the classroom and participating in opportunities that are enhancing their Mizzou experience. The generosity of MURA members has made it possible to assist previous and current scholarship recipients to degree completion and your support is very much appreciated."



DARIUS LEE

received his third MURA scholarship. He is the son of Myra Kelly, who is employed with the Division of Information Technology as a business support specialist.

"I would like to thank the MU Retirees Association for renewing my Kitty Dickerson MURA Scholarship," he said. "My third year at Mizzou has gone very well. I am preparing and planning to graduate next year, in May 2023, with a degree in Business Administration – Emphasis in Finance and Banking and a Certificate in Risk Management and Insurance alongside my degree. This summer I will be working at Senior Benefit Services here in Columbia, which is an insurance brokerage that specializes in the Medicare market. I plan to gain more expertise in the insurance field and help with the administrative, financial and agency services aspects of the business."



BROOKE ANICH

is majoring in environmental sciences and is the daughter of Gregory Anich who works with Procurement Operations as an asset management specialist.

"I feel honored to receive the 2022 MURA Scholarship," she said. "This award will further help me pursue my academic career in Environmental Science – Emphasis in Land and Soil at the University of Missouri. My first year at Mizzou has been great and I am looking forward to my next three years here working on my bachelor's degree."

She plans to pursue a career as an Environmental Consultant or Land and Soil Conservationist and is working toward a Certificate in Sustainability. She plans to graduate in 2025.

In the next year, she plans to become involved in undergraduate research and to compete on the Mizzou Soil Judging Team this fall. She is also involved in clubs such as Sustain Mizzou and Women in Natural Resources.

"I am looking forward to my educational career, and it is an honor to receive this scholarship," she wrote.



DANIELA CALLE

receives her second MURA scholarship. She is majoring in biochemistry.

She is the daughter of Sandra Zapata, who works with the University of

Missouri-Extension as a nutrition program associate.

"Thank you so much. I am honored to receive this scholarship again. You are all contributing so much to my academic career, and I really appreciate it.

"This year has been going super well! I am currently still working at Dr. Ulery's laboratory analyzing the effects of the Ca2+ receptor on cell differentiation. I am still pre-med hoping to work in pediatrics or become an ob-gyn!"

She also joined the Mizzou Club Gymnastics team, which recently went to Wisconsin for regionals and "Mizzou won!"

Chancellor's 2022 Retiree of the Year Awards

SUSAN FLADER is the Faculty Retiree of the Year.

"Professor Emerita Susan Flader didn't skip a beat after retiring from the History Department at the University of Missouri in 2007." Jan Weaver, Flader's nominator continues, "Within the following year she was working on two grant-supported projects related to the legacy of Aldo Leopold, chairing the Leopold Foundation's Board, serving on the Advisory Board of the Riverlands Audubon Center, contributing a chapter to a Forest Service report on sustainable forestry, helping with strategic planning for both the Leopold Foundation and Audubon Missouri, and participating in workshops on marine ecosystems, the farm bill and Taum Sauk Reservoir."

Her volunteer work includes being the Missouri Parks Association president and editor, Pioneer Forest & L-A-D Foundation president and RDK (Arts) Foundation chair. She is also an author and lecturer on issues of environmental quality and sustainability

KARL SKALA is the Staff Retiree of the Year.

Karl Skala is retired from Veterinary Medicine and Surgery. "Karl is passionate about preserving Columbia's quality of life as we grow into an ever-larger city," wrote Pam Springsteel in nominating Skala for the award.

He has championed road and intersection improvements, park and trail development and zoning code changes to maintain historic neighborhoods. He is especially concerned with assuring that infrastructure and amenities are developed in all areas of the city, especially those with concentrations of lower-income people."

His volunteer work includes serving on the Columbia City Council and as Mayor Pro Tem. He is also involved with the Hominy Branch Neighborhood Association, Environment and Energy Commission, Planning and Zoning Commission and the National League of Cities.



S. Karl Skala and Susan Flader

Retirees exemplify years of amazing generosity

THE CULMINATING POINT of the 2022 MURA Spring Social recognized the unwavering and substantial support of retirees to our university family. When MURA was established in 1990, such support was one of its four bedrock objectives.

Retirees value the university, believe in its future and invest in its future. The 2021 fiscal year contribution from retirees was more than \$1.7 million. The 10-year tally of financial support from retirees is a whopping \$36.6 million.

Theresa Lichty, from MU Advancement, writes: "Over the past decade, MU retirees have played an essential role in the university's success. Your philanthropic support has touched nearly every aspect of campus from scholarship funding and research opportunities to beautification projects and more.

"That work has helped position the university for another decade of growth. As part of the newly launched MizzouForward initiative, MU will be making significant investments in faculty excellence, infrastructure growth and student success over the next ten years. Our members, and all retirees, will continue to be integral in advocating and contributing to this transformational effort."



Ruth Tofle, Jackie Lewis and Mun Choi, UM President and MU Chancellor.

"During a difficult year, retirees put their community first."



LINDA LORENZ, 2021 MURA representative to United Way

Retirees Support United Way

RETIRES ARE A POWERFUL GROUP making a difference in supporting United Way. As Linda Lorenz, the MURA liaison to United Way says: "During a difficult year, retirees put their community first."

During the past two years of the COVID pandemic, retirees contributed 32.9% of the total MU contribution to United Way. The two-year average is more than \$141,000.

Retirees' generous support of the Heart of Missouri United Way allows them to respond promptly to changing community needs while advocating for effective solutions to tackle local issues, Lorenz says.



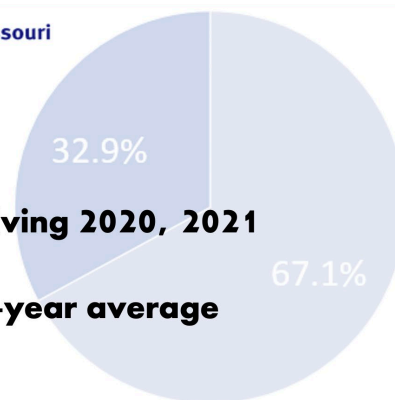
Andrew Grabau, United Way director

MU retiree contributions to United Way



32.9% of MU giving 2020, 2021

\$141,540: 2-year average



MURA Advocacy

Advocacy is a bedrock objective of MURA since its beginning in 1990 to fulfill its purpose "to represent, promote and protect the interests of the retirees and to promote the welfare of the University of Missouri." Our ongoing work in advocacy is taken seriously by the MURA Board of Directors as described in the 2021 MURA News June issue (pp 4-6). Directors have taken five formal positions:

- **Fall 1991:** Proposition B is endorsed, supporting a state educational aid package
- **November 2000:** Support of Silver Haired Legislature Bill #18 ... as it pertains to Taxing Social Security Benefits.
- **November 2007:** Resolution supporting Name Change to University of Missouri as proposed by Chancellor Brady Deaton. The change is from the regional designation of University of Missouri-Columbia to the flagship status.
- **October 2020:** Retiree use of UM email and collaborating to reduce risk.
- **March 2022:** Acknowledgment is given to the sound fiduciary management of the Retirement, Disability and Death Benefit Plan to date. However, the MURA Board of Directors strongly objected to a new paragraph to the Collected Rules and Regulations eliminating future ad hoc cost of living adjustments.

MURA directors step up to object to change in future pension plans

By Ruth Tofle, MURA President

MURA BOARD OF DIRECTORS have expressed confidence in the MU retirees pension plan and have acknowledged sound financial management of the Retirement, Disability and Death Benefit Plan to date.

Retirement Association leaders met with UM fiscal leaders to discuss the MURA Board of Directors opposition to a UM Collected Rules and Regulations (CRR) change regarding future Cost of Living Adjustments.

MURA's position was endorsed by all three of the other UM retirement associations and the MU Faculty Council. The position is posted on MURA's website.

While the proposed CRR wording by the UM administration was subsequently approved by the UM Board of Curators, our ad hoc Retirement Association Committee on Pensions met again with UM fiscal officers in preparation for the May 18 virtual UM Retiree Town Hall focused on university retirement plans. See below for current (and projected) information on UM retirement plans as presented by UM-Human Resources to the UM Board of Curators. A recording of the May 18 meeting will be available at the UM System Retirees Associations website.

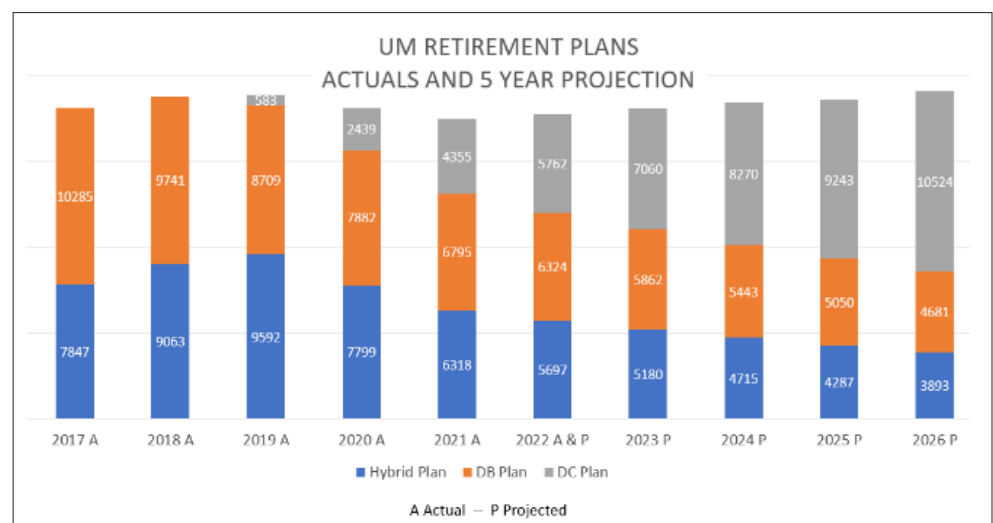
Among our recommendations to UM fiscal offices was the need for improved communication with opportunities to comment of any proposed policy changes to the Retirement Plan or to the Collected Rules and Regulations pertaining to the Plan.

UM Retirement Plans as presented by UM-HR to the UM Board of Curators

Employees are enrolled in a core retirement plan based on their benefit eligible hire date. See the related bar chart, below, of "UM retirement plans: Actuals and 5 Year Projection" elsewhere on this page.

- **Defined Benefit Plan** – This is a typical pension plan.
 - Active, benefit-eligible employees hired before 10/01/2012, or returning employees hired on or after 10/01/2012 but before 10/01/2019 who were previously vested and did not take a distribution of their benefit.
- **Hybrid Plan** – This is a mixed pension and matching plan.
 - Active, benefit-eligible employees first hired on or after 10/01/2012 but before 10/01/2019 or returning employees during this time who either did not vest previously or who vested and took a distribution of their benefit.
- **Defined Contribution Plan** – This is an employer matching plan.
 - Active, benefit-eligible employees hired or rehired on or after 10/01/2019.

Source: *University of Missouri System 2021 Annual Benefits Report April 2022*. Presentation by Marsha Fischer, Vice President for HR and Chief Human Resources Officer, UM Board of Curators Meeting, April 21, 2022; p. 193 of the "2022.04 Combined PDF" at: https://collaborate.umsystem.edu/sites/BOC/_layouts/15/start.aspx#/April%2021%202022%20Board%20of%20Curators%20Meeting/Forms/AllItems.aspx



Annual MURA business meeting

New executives elected to serve for 2022-23

NEW OFFICERS for the 2022-23 year were voted into office during the March 17 meeting.

In wrapping up her two years as president, President Ruth Tofle used the organization's historic gavel in a call to order before listing MURA's accomplishments based on the year's five goals:

1. Advance information technology to effectively support MURA objectives.
2. Initiate partnerships to strengthen the organization and defray member costs.
3. Promote diverse membership among MU/UM staff and faculty retirees and pre-retirees.
4. Increase the scholarship endowment with goals set by the scholarship committee.
5. Benefit from member survey responses for continuing improvement of our organization.

The incoming officers are Ina Linville, president; Ken Dean, president-elect/program chair; Mary Licklider, secretary; Art Jago member-at-large; and Debbie Allen, member-at-large staff.

Additional reports were given by secretary Mary Licklider; treasurer Donna Johanning; nominating committee chair Betsy Garrett; program committee chair Ina Linville; membership co-chairs Dick Otto and Jo Turner; scholarship chair Tom Henderson; and Art Jago, chair of the member survey committee. Details of these reports can be found on the [MURA website](https://mura-missouri.com/wp-content/uploads/sites/74/2022/03/MURA-2021-Survey-Report-Statistical-Abstract.pdf).

MURA's second membership survey shows satisfaction with meeting objectives

By Art Jago,
Chairperson of ad hoc survey committee

Last summer, MURA created an ad hoc committee to conduct its second survey of members regarding their expectations of the organization and their opinions of its activities.

The survey, administered in August, produced 266 member responses. Of the retirees, 39 percent identified themselves as former faculty and 61 percent as former staff.

The median year of retirement was 2013; 77 percent of the retirees reported that they had more than 20 years of university service.

All of MURA's four organizational objectives, as set forth in its constitution, were deemed important. Nonetheless, the survey respondents rated as very important "to advocate for the interests/benefits of retirees" (3.94 on a scale of 4) and "to serve as a retiree spokesperson / channel of communication with MU/UM and others" (3.74).

Members rated as somewhat important "to be a contributing component of the university family" (3.33) and "to provide educational and social activities for retirees" (3.20).

There is greater member participation in, and greater value derived from, the twice-yearly UM "Town Hall Webinars."

Among other MURA activities, the annual business meeting and the monthly breakfast series follow the webinars closely in participation and perceived value.

Members report significant value in MURA News and in the email announcements and reminders. A somewhat smaller audience appreciates the MURA website and its Facebook page.

As in 2018, members are generally quite satisfied with their retirement benefits, particularly their health benefit options and the health premiums they pay.

Recent retirees (i.e., after 2017) report greater satisfaction with the amount of their pension benefits than do earlier retirees (i.e., before 2004). Alternatively stated, there is a significant negative correlation between years since retirement and satisfaction with pension benefits.

In the survey report, the committee reported five general conclusions and recommendations based upon the survey results:

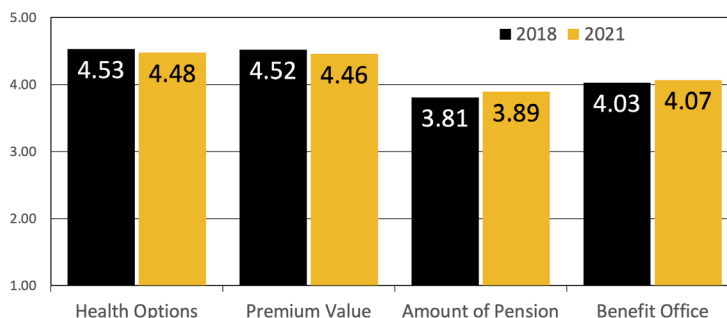
- Retiree Benefits – As was reported in the similar survey conducted in 2018, MURA members are satisfied with their health and pension benefits. MURA's advocacy role is the most important of the organization's objectives. Members count on MURA to be there to promote retirees' interests.
- Programming and Communications – Current communications and programs/meetings are well-received by MURA members. Online programming is appreciated by members, especially those living a distance from Columbia.
- Promotion and Education – Most MURA members learned of the organization from existing members, though, there is an uptick in learning of the organization from MURA literature and presentations. Reaching out to new retirees and insuring inclusiveness are important organizational activities.
- Volunteerism – Collectively, respondents reported donating 519 hours per month to MU/UM departments, divisions, offices, activities or events.
- Concurrence – With only a few exceptions, retired staff and retired faculty respond similarly to survey questions. MURA goals and activities appeal equally to these primary subgroups of members.

The committee that drafted this second questionnaire and analyzed its results was composed of Art Jago, Nancy Johnson, Margie Sable and Barbara Schneider.

And a huge MURA "thank you" for all of you who took the few minutes to respond to the survey. Your input helps shape MURA activities and programming.

Friends and members are encouraged to visit MURA's website — <https://mura-missouri.com/wp-content/uploads/sites/74/2022/03/MURA-2021-Survey-Report-Statistical-Abstract.pdf> for greater detail about the survey methodology and for additional analyses of the data collected.

Satisfaction with: Health Options, Premium Value, Pension, Interactions with Benefits Office (5-point scale)



MU Retirees Association Budget Analysis

	Budget Fiscal Year 2022	Actual Fiscal Year thru 5/31/22	%age FY 2022 Budget
Operating Activities Supported by Member Dues and Investment Income:			
Receipts			
Dues-annual	\$ 600.00	\$ 287.50	47.92%
Dues-lifetime	2,900.00	3,475.00	119.83%
Sponsorships	0.00	1,000.00	
Investment income - Vanguard	2,600.00	2,079.02	79.96%
Total Operating Receipts	6,100.00	6,841.52	112.16%
Disbursements			
Business meeting	1,000.00	333.06	33.31%
Fall Information meeting	1,000.00	0.00	0.00%
AROHE Dues	120.00	120.00	100.00%
Flagship Council	250.00	250.00	100.00%
Copies, printing services	500.00	0.00	0.00%
Post Office Box rent and postage	120.00	138.00	115.00%
Software (WinHost, Jotform)	0.00	407.40	0.00%
State of Missouri Secretary of State filing fee	0.00	10.50	0.00%
Payment to University for Kitty Dickerson Schp	0.00	4,000.00	0.00%
PayPal fees assessed against dues payments	0.00	85.57	0.00%
Miscellaneous	995.00	88.39	8.88%
Total Operating Disbursements	3,985.00	5,432.92	136.33%
Excess of Operating Receipts over Disbursements	2,115.00	1,408.60	66.60%
Self-Supporting Social Activities:			
Holiday Luncheon			
Receipts - Members	3,700.00	1,925.00	
Receipts - Sponsorship	0.00	880.29	
Disbursements - PayPal	100.00	63.97	
Disbursements - CCMO	4,250.00	2,741.32	
Net Receipts (Disbursements)	(650.00)	0.00	0.00%
Spring Event			
Receipts	1,000.00	1,190.00	
Disbursements - PayPal	0.00	37.01	
Disbursements	1,000.00	1,200.00	
Net Receipts (Disbursements)	0.00	(47.01)	0.00%
Fall Social			
Receipts	860.00	0.00	
Disbursements - PayPal	25.00	0.00	
Disbursements - Location	0.00	0.00	
Net Receipts (Disbursements)	835.00	0.00	0.00%
Breakfasts			
Receipts - Members	12,000.00	5,765.00	
Receipts - Sponsorships	0.00	2,119.71	
Disbursements - PayPal	400.00	264.72	
Disbursements - Venues *	11,000.00	3,417.80	
Net Receipts (Disbursements)	600.00	4,202.19	700.37%
Other Receipts (Disbursements)			
Transfer to/from Investment Account	(2,900.00)	(4,000.00)	137.93%
Net Increase (Decrease) in Cash During Period	0.00	1,563.78	
Cash Balance, Beginning of Period	9,000.00	8,988.70	
Cash Balance, End of Period	\$ 9,000.00	\$ 10,552.48	
Investment Assets (See note 1)			
Lifetime Members Reserve Investment Account		\$ 103,087.54	

* Several bills are outstanding for monthly breakfasts.

MURA members volunteer to promote health and well-being.....



Ruth Tofle

By Ruth Tofle
MURA President

VOLUNTEERING TO PROMOTE HEALTH AND WELL-BEING can be of great benefit to those receiving care and deeply fulfilling on a personal level in providing that care. In some cases, this service may be a “pay it forward” commitment because of how someone reached out to us or a close family member to give help when needed.

Health and well-being organizations are numerous. The website [CoMoGives – Nonprofits and Charities](#) was examined and utilized to review individual websites. The listed organizations offer a tremendous variety of opportunities to become involved in ways other than giving cash donations.

For example, Services for Independent Living has a broad scope that cares about mental health, hunger and education. The Senior Connect program assists with the food pantry or grocery delivery, friendly visits to a senior or yard work. Volunteers can also supervise, assist or lead educational sessions. They are always accepting new volunteers.

Other volunteer organizations are more specialized in promoting health and well-being as it relates to physical and mental health care, food and nutrition, and mobility and fitness.

PHYSICAL AND MENTAL HEALTH CARE

Chancellor’s Staff and Faculty Retirees of the Year honors were awarded to **Ron Gerren** (2020), **Sandra Taylor** (2019), **Robert Churchill** (2018), and **Dick Otto** (2018) for their volunteer work at **MU Health Care**. Their work is highly valued as contributing to the overall quality of patient care.

Tammy Gillespie, manager of MU Health Care Volunteer Services, says “Volunteer Services improves patient lives through partnerships with key department staff who train, support and engage volunteers in meaningful tasks.”

Two volunteer opportunities with the MU School of Medicine were reported in the [September 2021 MURA News issue \(p.5\)](#).

The article “Partnering to help the next generation” by **Betsy Garrett**, highlights opportunities “providing students with an excellent education that will benefit countless patients in the future.”

The first is the **Heyssel MU School of Medicine, Senior Teacher Educator Partnership Program (STEP)** bringing together senior volunteers and future physicians to share past and current life stories. Robert Churchill has volunteered in this program for many years.

Second, retirees may volunteer as a **Simulated Participant – MU School of Medicine** where students develop skills to effectively communicate with diverse patients in a variety of situations.

Similarly, the **MU School of Nursing** is always seeking volunteers to serve as **Standardized Patients**. Volunteers provided with

scripts play the part of a patient, and student nurses interact with them to interpret symptoms and provide care.

“The opportunity to be put into real-life settings without the fear of doing something wrong and actually hurting your patient can allow these future nurses to develop the skill-set to provide the necessary treatment when it is the real world,” says Dick Otto.

While a “COVID pause” has limited volunteer work at MU Health Care, current efforts are in process to resume pre-Covid volunteer programs and roles. After current, vetted volunteers resume active volunteering, the volunteer application process will be opened to the public again.

For members living outside the Columbia area, **Susan L Mills-Gray**, suggests contacting one’s local hospital to learn of volunteer opportunities. Mills-Gray serves on the Cass Community Health Foundation in the Kansas City area which is making a major effort

to provide two dental clinics.

“These clinics were the first safety net dental clinics in our county, and currently we operate in two locations, Belton and Harrisonville, Missouri,” she says. “Children ages 0-20, who are insured through Medicaid or who are low-income uninsured, are treated at the clinic. ... The foundation provides dental screenings for every student kindergarten through fifth grade throughout the county, as well as Grandview, Mo. I serve as a volunteer at many of these screenings.”

“We are often the only people our clients ever see or talk to. These gentle, elderly people thank us through their words, their smiles, and their eyes.”

— Roy and Bev Fox

FOOD AND NUTRITION

Because hunger is an unfortunate reality in our community, faith and community groups partner with **Loaves and Fishes Soup Kitchen – St. Francis House**. An evening meal is prepared seven nights a week for 60 to 125 people. Volunteers serve, cook, work on a home improvement project or host discussions.

Meals on Wheels extends independence to seniors with limited mobility in our community. Volunteer drivers help to deliver hot, nutritious noon meals and cold suppers five days a week to hundreds of seniors. Among the dedicated volunteers are MU retirees **John Marshall, Kathy Thornburg, Roy Fox, Bev Fox, Hannah Alexander** and **Dean Larkin**.

Marshall tells us: “The people we help need our assistance.”

Thornburg agrees. “It is an honor to deliver meals to seniors and others in need for an incredible organization – Meals on Wheels. I feel as if I get as much out of the experience as those receiving the meals.”

Roy and Bev Fox work together. “We are often the only people our clients ever see or talk to. These gentle, elderly people thank us through their words, their smiles, and their eyes,” the couple say.

“This is one of the most basic things you can do for a stranger,” Larkin says. “(The) staff makes the task as easy as possible for us.”

The **Columbia Center for Urban Agriculture** is connecting people to agriculture and the land through hands-on learning opportunities, from seed to plate. The June 7 MURA Breakfast will explore its location at Columbia’s Agriculture Park.

As **Jeff Chinn**, 2021 Chancellor’s Faculty Retiree of the Year, enthusiastically says, “Volunteers can be involved in all that CUA does!”

Examples of programs include:

- Outdoor Classroom at the Ag Park: Kids get their hands dirty planting, weeding, harvesting, chopping and eating fresh vegetables from the Urban Farm, while learning about the science of agriculture and nutrition and the importance of healthy eating.
- Opportunity Garden Program: Gardens are built for low-income residents to grow a large quantity of food in a relatively small space.
- Produce Prescription Program: In cooperation with Compass Health, physicians write “prescriptions” for patients with conditions impacted by diet that can be redeemed for fresh vegetables at Columbia Farmers Market.

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Roy and Bev Fox set off to deliver a Wheels on Meals along with their trusty dog.



A graphic image shows the MU Health Care Pavillion – Farmers Market – Columbia Agricultural Park, which welcomes volunteers.

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- **Therapy Gardens Program:** Weekly therapeutic gardening experiences are provided to individuals enrolled in drug and alcohol rehabilitation at Phoenix Programs.
- **Veterans' Urban Farm Program with VA Hospital:** Veterans under VA care work at the site while receiving occupational, physical and recreational therapy from hospital specialists. Food grown is given to local veterans. CUA also supports gardeners living at Patriot Place, a housing project for Veterans.

In addition, many community organizations have service projects addressing hunger.

The Rotary Club of Columbia, where **Robert Churchill** and I are both members, sponsors a "lunch in the park" for children during the summer and has an annual Thanksgiving turkey fry when turkeys are donated to many charitable organizations. The club also has a designated day of the month when members work at the Food Bank for Central and Northeast Missouri. The Food Bank work is done in two-hour shifts to repack and relabel food, sort through donations and assemble boxes of food. (And when my teenage grandchildren are with us, they join the work crew to gain volunteer experience while engaged in a family activity.)

MOBILITY AND FITNESS

The **Columbia Track Club** is a "feel-good club" whose aims are health, fitness and fun. Besides running, jogging and walking for their own good, they support a Summer Youth Track and Field Program for children ages 3 to 15. Dick Hessler, 2017 Chancellor's Retiree of the Year, and his wife, Anne Hessler, join many more volunteers serving as officials. Volunteers are welcomed.

Hundreds of volunteers are needed for the **Special Olympics Missouri's State Summer Games**, which are held in May of each year, with opening ceremonies at MU and events at MizzouRec and Rock Bridge High School. No special training is needed.

As its website explains, Special Olympics Missouri also provides "year-round training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship. ..." They welcome volunteers to click a stopwatch, keep score, announce awards, coach, conduct events and serve on committees. Retirees can also volunteer from their own home as athletes always need encouragement. Working with Special Olympics promotes fitness and so much more.

The background story of **Mobility Worldwide** is one that deserves to be told because of its Columbia home base making a huge

impact globally. When a missionary in Africa noticed a woman crawling across a field with a child on her back, he told **Mel West**, an MU alumni, about the scene. West was compelled to do something, and he worked with **Earl Miner**, an engineer of Marshfield, Mo., to build a three-wheel, hand-cranked wheelchair prototype in West's garage. The cart would have easy-to-find replaceable parts for leg-disabled people.

West was a farm boy, veteran and minister who became an internationally known humanitarian. At the age of 70, West started what is now known as Mobility Worldwide, an organization based in Columbia to make carts to more than 100 developing countries around the world.

MU retirees **Jim** and **Judy Wall** are proud of the new operation's location near KOMU-TV and proud of the number of MU retirees volunteering to create these carts. The organization has produced 90,000 carts in 25 years. Jim tells us that Mobility Worldwide has about a dozen MU retirees from departments and schools such as business, agriculture, medicine, engineering, and arts & science. Volunteers are welcomed.



Gary Moreau, executive director, and volunteers Judy and Jim Wall pose with mobility carts made at Mobility Worldwide, the local manufacturing facility in Columbia.

Volunteerism: A prescription for lasting health

By James Preston

Assistant executive director/

MU Extension & Engagement Advancement

TWO LIFETIME MURA LEADERS and members suggest one prescription for lasting health: generous and frequent volunteerism.

"The health benefits of volunteering – both mental and physical – are well known," including lowered blood pressure, regular exercise, reduced risk of depression and stress, says **Robert Churchill**, a retired MU Health Care physician, MU School of Medicine leader and 2018 Chancellor's Retiree of the Year. Since retirement, he has volunteered on six boards (and presided over two).

Michael Porter, longtime MURA member and former Department of Communication chair and professor emeritus, says volunteerism "gives us a purpose to live and something to look forward to, as well as contributing something valuable to the community." Porter also has served on the advisory council for the Osher Lifelong Learning Institute, with MU Extension.

Both men have had a hand in bringing the Advancements in Medicine series, sponsored by MU Health Care, to Osher for the last four years. MUHC physicians and researchers present cutting-edge research of interest to Osher's age 50+ learners. This spring's topics, for instance, included Precision Health Care and its practical applications such as home sensors that can predict falls, groundbreaking research on the diagnosis, care and management of glaucoma and traumatic brain injury diagnosis and care.

Marshall Stewart, vice chancellor for extension and engagement, says, "health extension is the new ag extension." Extension will play an increasingly important role in connecting local communities



Robert Churchill



Michael Porter

across Missouri with innovative diagnostic and treatment options that will emerge from the NextGen Precision Health Initiative.

Already, Extension's Community Health Engagement and Outreach program helps connect resources, research and best practices from MU Health Care, the schools of medicine, nursing and health professions with practical and traditional programs in the field such as health and nutrition education, chronic disease management programs and substance abuse recovery initiatives.

Long-time favorite volunteer programs also have an expanded role in this holistic approach to health and its overlap with improved economic and educational opportunities for Missourians. Master Gardener program volunteers, for instance, often are key in helping to establish productive community gardens that bring healthy food options to individual families and local food pantries.

For more information on these programs and opportunities to support them, please feel free to reach out to me directly at prestonjo@missouri.edu or explore our MU Extension website at extension.missouri.edu.

Chancellor's Retiree Award recipients who volunteer in health and well-being

EACH YEAR SINCE 1990, the Chancellor's Retiree of the Year Awards recognize a faculty member and a staff member for their accomplishments after retirement. Accomplishments may involve volunteer service to the university, civic and welfare services, career and professional activities or other noteworthy achievements.



Jeff Chinn (F) 2021



Ron Geren (S) 2020



Sandra Taylor (S) 2019



Dick Otto (S) 2018



Bob Churchill (F) 2018



Dick Hessler (F) 2017

In the past six years, with 12 possible awardees, half of those recognized for this prestigious honor volunteered in ways to promote health and well-being.

These Chancellor's Retirees of the Year recipients were:

2021 Jeff Chinn, faculty – Red Cross, Columbia Center for Urban Agriculture [p. 3 of June 2021](#)

2020 Ron Geren, staff – MU Health Care [p. 2 of 2020](#)

2019 Sandra Taylor, staff – MU Health Care, Ellis Fischel Cancer Center, [p. 12 of Aug 2019](#)

2018 Dick Otto, staff – MU Health Care, School of Nursing, Tiger-Place [p. 10 Aug 2018](#)

2018 Bob Churchill, Faculty – MU Health Care, School of Medicine, Food Bank, "lunch in the park" [p. 10 Aug 2018](#)

2017 Dick Hessler, faculty – Intergenerational Daycare, Alzheimer's Association, Columbia Track Club [p. 5 Oct 2017](#).

Retiree of the Year awardees from 1990 to 2020 can be found in the 30-year historical review published in the December-2020 issue of MURA News (p. 6-9).

MURA volunteerism — by the numbers — proves attachment to MU, Columbia community

By Ina Linville, MURA president-elect

THE RECENT MURA MEMBER SURVEY asked an open-ended question about volunteering. Members were asked to estimate the number of hours per month they volunteer for MU/UM. In aggregate, retirees reported giving 519 hours of the time and talents to MU/UM departments and units.

The *Independent Sector*, a recognized source on nonprofit programs, issues and policies, calculates the value of an hour of volunteer time in Missouri for 2020 to be \$25.19. See independentsector.org/value-of-volunteer-time-2021. The monetary value of the hours calculates to be \$13,074 per month or \$156,888.

This is in addition to the generous donation by MURA members to the United Way Campaign and MU Advancement.

As a latent value of retirees giving of time, talents and treasure to the university we have grown to love, goodwill generated in the community. If we were to become more specific in the next member survey of volunteer roles, we might identify how MURA members continue to teach, recruit students, mentor current students, recruit faculty and researchers and help Missouri to value the contribution of a land-grant university in our daily lives.

Stay tuned for future stories in MURA News on volunteerism in the areas of Learning and Enrichment in the September issue and Community in the December issue. The University of Missouri has no better ambassadors and advocates than retirees.

**Considering
volunteering?
Here are some
great options!**



Index of organizations supporting health and well-being

Aging Best – Area Agency on Aging: globalfirstresponder.org/volunteers
American Cancer Society: cancer.org/involved/volunteer.html
Boone Health: boone.health/tags/volunteer
Boone County Fire Protection District - Firefighters and EMS Responders: bcfdmo.com/recruitment
Catholic Charities of Central and Northern Missouri: ccnmo.diojeffcity.org/volunteer
Columbia Center for Urban Agriculture: columbiaurbanag.org/volunteer
Columbia Track Club: columbiatrackclub.com/join-columbia-track-club
Children's Grove: childrensgrove.org/get_involved
City of Refuge: cityofrefugecolumbia.org/get-involved/volunteer
Coyote Hill: coyotehill.org/waystohelp/volunteer
DeafLEAD: deaflead.com/donate
First Chance for Children: firstchanceforchildren.org/volunteer
Food Bank of Central and Northeast Missouri: sharefoodbringhope.org
Global First Responder: globalfirstresponder.org/volunteers
Heart of Missouri CASA: homcasa.org/volunteer/become-a-casa
Heart of Missouri Girls on the Run: heartofmissourigirlsontherun.org/Volunteer
Hospice Compassus: compassus.com/volunteers/volunteer-opportunities
Loaves and Fishes Soup Kitchen: sites.google.com/view/stfranciscomo/loaves-and-fishes
Love Columbia: lovecolumbiamo.org/volunteer
Meals on Wheels: mealsonwheelscolumbia.org/volunteer
Missouri Crisis Line: missouricrisisline.com
Missouri Palliative & Hospice Care: missourihec.com/contact/volunteers
Mobility Worldwide: mobilityworldwide.org/affiliates/missouri-columbia
Pascale's Pals: pascalespals.org/get-involved
Phoenix House: phoenixprogramsinc.org/about/volunteer
Preferred Hospice – MU Serves: muserves.missouri.edu/partners/show/826
Rainbow House: rainbowhousecolumbia.org/get-involved/volunteer
Red Cross: redcross.org/local/missouri/volunteer.html
Ronald McDonald House Charities: rmhcmidmo.org
School of Medicine Senior Teacher Educator Program (STEP): medicine.missouri.edu/offices-programs/step
School of Medicine Simulated Patient: medicine.missouri.edu/centers-institutes-labs/shelden-simulation-center/become-a-simulated-participant
School of Medicine Standardized Patients: medicine.missouri.edu/centers-institutes-labs/shelden-simulation-center/become-a-simulated-participant
Services for Independent Living: silcolumbia.org/volunteer
Special Olympics – Missouri: somo.org/volunteer
True North: truenorthofcolumbia.org/volunteer
Turning Point: wilkesblvdumc.org/copy-of-about-turning-point
University of Missouri Health Care: muhealth.org/giving/ways-to-give/volunteer
Wags Therapy Dog Program: muhealth.org/giving/wags-therapy-dog

Spring breakfast programs recap

Director describes how Catholic Charities helps Afghan refugees settle in community

SAMANTHA MOOG, director of Refugee Services with Catholic Charities, provided a picture of the journey many Afghan refugees followed to central Missouri at the March 1 MURA breakfast. Since September, the local agencies has aided more than 300 refugees with services such as workforce development and placement, vocational training, language training, health and wellness and other youth and family services.



Samantha Moog

With the rapid evacuation of Afghanistan, many refugees fled to Europe, then to military facilities to be vetted and then onto Columbia. Many arrived in the United States with almost no notice and little to no possessions, Moog said.

After an immediate reception and placement, other services kick in. Vocational training many times includes securing a driver's license and a partnership with Columbia's Adult Education Center providing English language training. MU has helped with temporary housing in available married student housing.

Legal services of Catholic Charities assist with a pathway to citizenship.

Moog shared an example of when her team scrambled to find food, housing and car seats for four families in a matter of hours.

The work of her small team of four is expanded through 12 AmeriCorps volunteers.

Of the 300 people served, the majority, 61%, are children making childcare and supplies along with transportation crucial to support the transition of refugees into the community work force.

One such family was on their final leg to Columbia on a flight from Chicago with UM president Mun Choi. He greeted the family at the Columbia Regional Airport.

Resettlement work ranges from three months to five years. Funding for this work is through the Afghan Adjustment Act, Catholic Bishops Conference and the Missouri Office of Refugee Administration.

For more information and how you can help, contact the Catholic Charities of Central and North Missouri at cccn-mo.diojeffcity.org/immigration-services

By Ina Linville, MURA president-elect

The future of aging-in-place

HOSTING THE MURA Annual Business Meeting on March 17, aka St. Patrick's Day, created a festive atmosphere with lots of green on display. **Marilyn Rantz**, a MURA member and a Curators' Professor Emerita, wowed the audience with a research update on programs at TigerPlace, an aging-in-place facility she was instrumental in creating.

The American Academy of Nursing chose Rantz as a 2020 Living Legend. She is also a gerontological researcher at the MU Center for Eldercare & Rehabilitation Technology, which, according to its website, "works to develop proactive healthcare that helps older adults and people of all ages and needs to lead healthier, more independent lives." The center shares its research results and effective technologies are commercialized to serve those in need, it states. Students also receive training within an interdisciplinary team.

Rantz's presentation, "The Future of Aging in Place – Quality of Life and Enhanced Care with Sensor Technology and APRNs [Advanced Practice Registered Nurses]," highlighted some of the research findings from the projects sponsored by an array of organizations involved in elder care, including the Alzheimer's Association.

A most notable finding was the "1.7 additional years lived by TigerPlace residents that had in-home sensors versus those without the sensors."

"Gait sensors," a component of the overall sensing devices, have predicted falls three weeks in advance and now allow for interventions to prevent such falls, Rantz reported.

The utilization of Advanced Practice Nurses in conjunction with RN Care Coordination has also provided evidence of reducing adverse health events, improvement in care outcome and a reduction in overall costs, she said in describing another research discovery.

She stressed the importance of reducing the barriers to allow Advance Practice Nurses in Missouri to practice advanced care. It is one of the states with the most restrictive practice legislation for APRNs, and Rantz supports legislative action to end the ban.

The TigerPlace sensor systems have been commercialized and other research findings are being adopted throughout the United States. Rantz encouraged ongoing research to allow further innovation.

As an added bonus, she led the audience in "sit to stand" exercises as a way to improve balance that could be practiced at home. She recommended three sessions per day, each with 10 "sit to stands" movements.

By Mary Licklider, MURA secretary, and
Donna Otto, Sinclair school of Nursing



Marilyn Rantz

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TigerPlace™

MU – The university in a garden

MURA MEMBERS who attended the April 5 breakfast in-person or Zoom were reminded by Pete Millier what a beautiful campus we have at the University of Missouri as it is an official botanic garden. Millier is the director of Campus Facilities-Landscape Services and the Mizzou Botanic Garden.

He has been with MU since 2005, when he transferred here from University from California State University, Fresno where he managed the grounds department and the campus arboretum. He has a Bachelor of Science in agricultural science and master's degree in public administration, both from California State University, Fresno.

The Mizzou Botanic Garden is enjoyed by 45,000 annual visitors, he said, adding that most botanical gardens do have problems with visitors. The roots of Mizzou's garden began with efforts of Chancellor Barbara Uehling in 1981 to reunify and beautify the campus.

MURA's Kee Groshong worked with Chancellor Richard Wallace to officially proclaim MU as a Botanical Garden in 1999.

In roaming around campus, visitors can enjoy 18 themed gardens. Location of the peonies, butterfly, container and other specialty gardens are mapped at [Mizzou Botanic Garden | Mizzou Botanic Garden | University of Missouri](#). Take in the beauty while benefiting from and enjoying walks of a mile and a quarter or so.

Mizzou is practicing sustainable horticulture by planting in typically soggy areas to control rain runoff and growing native plants that benefit insects and birds. Missouri was the first state to organize to support the migration of the Monarch butterfly and MU is part of this effort.

As with any botanical garden, interested persons can become "Friends" of Mizzou Garden and/or leave tributes of trees, benches and gardens. The Mizzou Garden link provides many ways to engage with and/or support the garden.

— Ina Linville, MURA president-elect



Pete Millier



MURA members enjoy talking with Pete Millier after his presentation.

MURA breakfast programs will resume in the fall. Watch for email announcements and visit mura-missouri.com for information!

KOMU 8 chief meteorologist wows MURA members with inside look at outside conditions

Missouri Weather & Climate: Facts & Myths

True or False: Storms seem to go around Columbia.

False: Most cities have this perception of weather, according to Kenton Gewecke, chief meteorologist for KOMU 8.

True or False: I-70 is a barrier where weather is cooler north of the interstate and warmer south.

False: I-70 has no bearings on the weather other than being a geographical reference point to help listeners locate the weather.

The previous were just a sampling of the Weather IQ questions posed to those attending the MURA breakfast on May 3 by Gewecke,

Missouri exhibits weather extreme. The most extreme weather change on record was Nov. 11, 1911. In the morning, the temperature was a balmy 82 degrees. By that evening, the temperature dropped to 13 degrees and created winter blizzard conditions. In 1911 weather forecasting was non-existent, leaving Missourians surprised by the extreme weather change, Gewecke said.

Meteorologists use models to predict weather and weather patterns. Weather balloons capture current conditions. Conditions are fed into formulas, now added by electronic programs. MURA members were surprised to learn that a lot of math and physics go into determining weather, as Gewecke described some of his own MU classwork as a student.

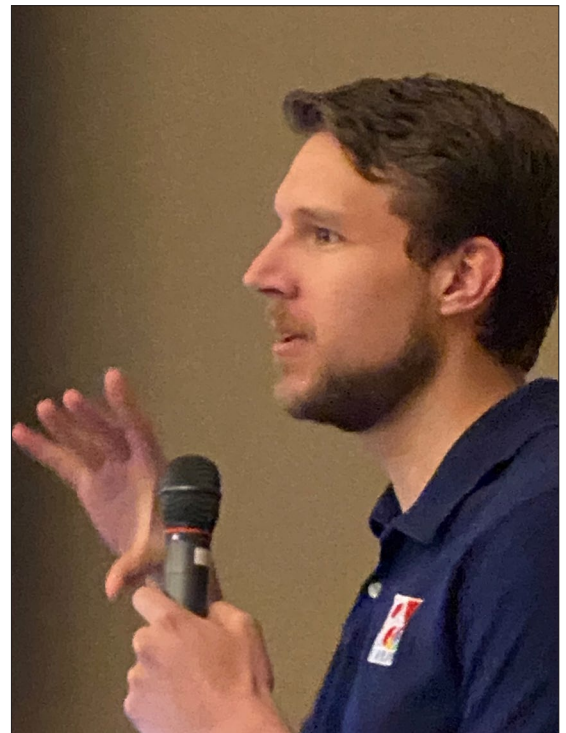
Gewecke's interest in weather started in his youth. The family was boating on a lake in central Nebraska when the skies went from calm to a pelting storm in a matter of minutes. That microburst storm sparked the passion for learning more about weather for Kenton. His curiosity for weather brought him to the University of Missouri where he studied and completed a degree in Atmospheric Sciences in the School of Natural Resources. MU has the top Atmospheric Sciences Program.

Broadcasting weather is just one of many careers in atmospheric sciences. Teaching as well as working at the National Weather Service, in the shipping industry and the military are a few other career paths

Kenton shared disciplines that he did not learn in atmospheric sciences that he uses in his work. He has delved in geology (earthquakes), astronomy (the eclipse), psychology (accuracy and tone), climate change and communications.

Gewecke's passion and commitment to weather broadcasting has been recognized by regional and national organizations. His awards include Best Weathercast by the Missouri Broadcasters Association four times; voted 2021 Best Local TV Personality by Best of Columbia from Inside Columbia Magazine; and nominated for three Emmy awards. However, becoming a meteorologist and fulfilling this dream since a kid is what he considers to be his greatest accomplishment to date.

By Ina Linville, MURA president-elect



Kenton Gewecke

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DON'T MISS the informative bi-weekly MURA Update emails!

Please provide any
email address updates
to Barb Harris, MURA
Communications chair, at:
harrisb@umsystem.edu.

UPCOMING EVENTS

2022	EVENT	TIME*	LOCATION
Tuesday, June 7	Breakfast and Field Trip, "Exploring Columbia's Agriculture Park/ Farmers Market." This event requires pre-registration; details at mura-missouri.com.	8 to 9:30 a.m.	MU Health Care Pavillion, Agricultural Park, Ash Street
Summer	Programs will resume in September. See MURA bi-weekly update emails for current information.		

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SUCH A DEAL: MURA offers special pricing to move up to lifetime membership

By Jo Turner, Membership Committee Chair

MURA'S BOARD HAS APPROVED A SPECIAL OPPORTUNITY for persons who
have been MURA annual members for one or more years. From now through June
30, annual members are eligible to purchase a life membership at these special rates:

- One year paid annual membership: purchase life membership for \$87.50
- Two to four years paid annual membership: purchase life membership for \$75
- Five or more years paid annual membership: purchase life membership for \$50

MURA life membership normally costs \$100.

If you would like to take advantage of this opportunity, please send an email to
MURA's Membership chair, Linda "Jo" Turner, with the subject line, "I am interested in
a LIFE Membership to MURA."

We will consult our membership records and reply to you with your special price,
based on your years of paid membership. We'll include information on how to
submit your payment.

Jo's email is turnerlj@missouri.edu.



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- Search for MURA; select "MU Retirees Association—MURA"
- Then give us a thumbs up!
- To make sure you see all MURA posts, look for the "Manage Follow Settings" icon or the three dots at the top or bottom of the MURA Facebook page.
- Set your "follow settings" to be Favorites. Then change notifications settings to Standard rather than Highlights for posts and videos. You may also "turn on notifications" for this post.