



## President's Message

**DEAR MURA MEMBERS,**

Greetings to all my friends and colleagues in MURA from your new president, Jim Scott. I don't have much news to share today, but I want you to know what to expect from a new leader this year. To help me do this, I've made a list of observations which I hope will help you know me a little better.



**Jim Scott**

**1. I value your input/involvement.**

Last year, I chaired our Program and Education Committee. It's this committee's job to plan and support the educational breakfast programs we hold nine months of the year. We also planned other programs, such as the holiday social, and the special session we held last spring on planning for the end of life. I helped Ken and others involved in preparing the member survey we opened recently. In each of these activities, I've been really impressed by how our members have contributed by participating, posing questions, and giving us ideas about future programs. One of my goals this year is to make our programs more interactive. I want to hear more of your ideas and expand our use of surveys to meet your needs.

**2. I value MURA's sponsors.**

We've been very fortunate to work with Central Bank and Trust, Tiger Place, and President Choi. Their financial support and personal involvement in our activities have added so much to our work. We want to maximize MURA's impacts and sustain our efforts. The availability of timely survey data will help us make better matches with potential sponsors. If time permits, I'd like us to think more

systematically about what we want to accomplish with sponsors and how we can attract more sponsors to support our work.

**3. I'm not Ken Dean.**

Ken is an amazing leader. He's a person who knows much about the University of Missouri. He is gregarious. He is an excellent communicator. He also is very wise, and he knows how to apply his knowledge to a wide variety of situations. He's the kind of person who belongs at the podium. I've had the great privilege of working closely with Ken for many years. He's been a mentor to me, preparing me to be an effective president. But I can't fill his shoes. I'll make mistakes, and I'll count on you to tolerate that and to help me correct these errors whenever possible.

Best wishes,  
Jim Scott  
MURA President  
scottj@missouri.edu  
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## Have You Responded to the MURA Member Survey?

If not, please do! **The deadline for responses is July 31.**

This confidential survey will take only a few minutes and will provide us with valuable information to help us design future educational programs, social activities, and services as well as to help us focus our interactions with the larger UM/MU community. Once the data are analyzed, we will share key findings with MURA members via this newsletter and other communication tools.

To take the survey, go to <https://www.surveymonkey.com/r/397Z9D2>.

## Mark Your Calendar for the Annual Benefits Town Hall

**Kenneth Dean**  
**MURA Past President**

UM will present its annual town hall webinar at 11 a.m. on Wednesday, October 9. This program will be related to benefits, particularly health benefits. While no figures are yet available, we are told there will be cost increases in each plan beginning in January 2025. These expected cost increases are due to legislative changes that Congress made in the Inflation Reduction Act and in CMS funding to Medicare Advantage Plans. Look for more information later this summer.

# MURA Budget for FY 2025 and Actuals for FY 2024 and FY 2023

	Budget FY 2025	Actual Thru 6/30/24	Actual thru 6/30/23
<b>Operating Activities Supported by Member Dues and Investment Income</b>			
<b>Receipts</b>			
Due - annual	300.00	225.00	550.00
Dues - lifetime	2,500.00	1,762.50	3,450.00
Donation to scholarship fund	0.00	35.00	170.00
Sponsorships—Tiger Place & MU	1,500.00	9,000.00	1,000.00
Educational seminars	800.00	740.00	0.00
Investment income - Vanguard	3,900.00	4,021.38	3,380.76
<b>Total Operating Receipts</b>	9,000.00	15,783.88	8,550.76
<b>Disbursements</b>			
Business meeting	1,200.00	1,143.23	701.50
Orientation meeting, Board meeting deposit	200.00	16.79	540.39
Educational seminars	1,400.00	1,436.70	0.00
AROHE dues	120.00	120.00	120.00
Flagship Council	250.00	250.00	250.00
AROHE conference	1,200.00	0.00	0.00
Copies, printing services	1,200.00	1,081.55	1,928.45
Video and recording expense	0.00	0.00	0.00
Post office box rent and postage	150.00	218.00	146.00
Software (WinHost, Jotform, Adobe)	600.00	672.27	647.28
State of Missouri Secretary of State filing fee	0.00	10.50	10.50
Payment to University for Kitty Dickerson Schp	0.00	35.00	170.00
PayPal fees assessed against dues payments	100.00	41.88	70.09
Miscellaneous	80.00	124.85	0.00
<b>Total Operating Disbursements</b>	6,500.00	5,150.77	4,584.21
<b>Excess of Operating Receipts over Disbursements</b>	2,500.00	10,633.11	3,966.55
<b>Self-Supporting Social Activities</b>			
<b>Holiday Luncheon</b>			
Receipts - Members	3,500.00	2,525.00	2,175.00
Receipts - Sponsorship from Central Trust	1,600.00	2,155.47	1,114.95
Disbursements - PayPal	100.00	84.30	66.45
Disbursements - Holiday Inn Exec Ctr, pianist	5,000.00	4,596.17	3,223.50
<b>Net Receipts (Disbursements)</b>	0.00	0.00	0.00
<b>Shakespeare's Fundraiser</b>			
Receipts	0.00	325.31	379.82
Disbursements-MU for Kitty Dickerson Schp	0.00	325.31	379.82
<b>Net Receipts (Disbursements)</b>	0.00	0.00	0.00
<b>Spring Event</b>			
Receipts	1,000.00	890.00	840.00
Disbursements - PayPal	0.00	45.33	44.73
Disbursements-MU for Kitty Dickerson Schp	1,000.00	844.67	795.27
<b>Net Receipts (Disbursements)</b>	0.00	0.00	0.00
<b>Fall Social</b>			
Receipts	1,000.00	0.00	0.00
Disbursements - PayPal	0.00	0.00	0.00
Disbursements-MU for Kitty Dickerson Schp	1,000.00	0.00	0.00
<b>Net Receipts (Disbursements)</b>	0.00	0.00	0.00
<b>Breakfasts</b>			
Receipts - Members	10,000.00	9,916.00	9,015.00
Receipts - Sponsorship from Central Trust	2,400.00	1,844.53	1,885.05
Disbursements - PayPal	400.00	422.97	393.64
Disbursements - CCMO, City of Columbia, A-1	12,000.00	12,793.89	11,307.90
<b>Net Receipts (Disbursements)</b>	0.00	(1,456.33)	(801.49)
<b>Other Receipts (Disbursements)</b>			
Transfer to/from investment account	(2,500.00)	(1,762.50)	(3,450.00)
<b>Net Increase (Decrease) in Cash During Period</b>	0.00	7,414.28	(284.94)
<b>Cash Balance, Beginning of Period</b>	12,000.00	5,263.63	5,548.57
<b>Cash Balance, End of Period</b>	12,000.00	\$12,677.91	\$5,263.63



## Heart of Missouri United Way

### Retirees Contributed to 2023 United Way Campaign

Dee Montgomery  
MURA's United Way Representative

The 2023 UM Heart of Missouri United Way Campaign was very successful. The total donated as of February 15 (including retirees) was \$482,309, well above the MU Committee's stated goal of \$460,000. MU retirees donated an incredible \$187,408, exceeding last year's total of \$141,301. This impressive total for retirees represents 38.8% of the MU total.



### Changes Coming to the 2024 United Way Campaign

Dee Montgomery  
MURA's United Way Representative

**MURA makes** a significant contribution to the Columbia area community as part of the University of Missouri's support of the Heart of Missouri United Way (HMUW). The MU United Way Committee's plans for enhanced activities in 2024 include a donation goal of \$500,000, a significant increase over last year's goal of \$460,000. Additionally, MURA members are encouraged to continue to support and enjoy two events:

#### 2024 Campaign Kickoff

The kickoff for the 2024 MU campaign will be held on September 26 from 11:00 a.m. to 1:30 p.m. This event will be more casual this year with food trucks parking in front of Jesse Hall.

#### MU Rally for Heart of Missouri United Way

This event was held for the first time in October 2023. Everyday items we often take for granted (e.g., paper towels, deodorant, toilet paper, diapers, etc.) are donated by faculty, staff, students, and retirees to local non-profit agencies on this day at tables set up on the MU campus. In 2024, the event will be held on October 29 or 30 from 2:00-3:00 p.m.

As the MURA representative on the MU committee, I thoroughly enjoyed participating in these activities in 2023 and was deeply moved by the generosity of our University community. I look forward to seeing even more MURA members supporting these events in 2024!



Clockwise from upper left: Delivering inspiration and hope to young people, 1,600 books were donated for the HMUW's 2023 Reading Across Columbia program; Truman, President Choi, and friends with some of the donated items for the 2023 MU Rally Day; the first HMUW Give 5 Cohort in summer 2022 included MURA members Bob Churchill (far left) and Dee Montgomery (1<sup>st</sup> row, 3<sup>rd</sup> person)

# Scholarship Committee Needs Your Help

Ted Tarkow, Scholarship Committee Chair

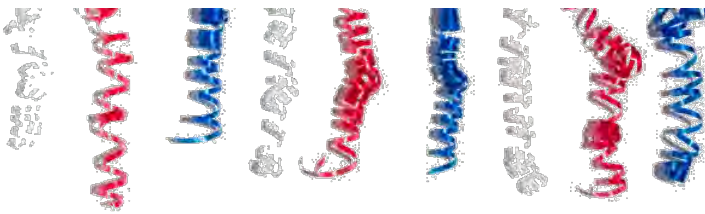
The beginning of the fall semester is around the corner! Our Mizzou Store colleagues look forward to MURA volunteers assisting them as they serve entering and returning students and their families. The book store contributes \$15 for each hour we serve to MURA's Kitty Dickerson Scholarship Fund. This amount is the standard student employee rate.

Thanks to our efforts and to support given by President Choi, this coming year, MURA will be sponsoring six Dickerson Scholars. Your volunteering helps MURA help MU students succeed. We're looking for volunteers for these dates/times:

- \* Two-hour shifts between 11:00 a.m. and 3:00 p.m. on Friday, August 16
- \* Two-hour shifts between 9:00 a.m. and 4:00 p.m. on Monday through Thursday, August 19 through 22

If you're game to help out, just reply to **Ted Tarkow** ([tarkowt@missouri.edu](mailto:tarkowt@missouri.edu)), who will work up a schedule that serves the book store and MURA.

And before then, best wishes for the remaining days of summer!



# Scholarship Committee Names Sixth Awardee

Ted Tarkow, Scholarship Committee Chair

Our new **Kitty Dickerson Scholar, Anna Babic**, begins her sophomore year this fall as she continues to pursue a radiography major in the College of Health Sciences. Anna grew up in a multicultural family, with a mother (Research Specialist in the MU Infectious Disease Research Lab) from Macedonia and a father from Bosnia. Anna joins the five continuing Dickerson scholars, collectively majoring in art, computer science, environmental studies, and health sciences.



The MURA Scholarship Committee looks forward to continuing to build support for this program, which benefits children of MU and UM staff. The invitation to assist with our traditional Mizzou Store volunteering is described in the article above.

# Familiar Faces at the Registration Desk

Betsy Garrett

For quite a few years, it's been **Jack and Darlene Miles** who have welcomed us to MURA breakfasts and other events where name tags, broad smiles, and enthusiasm have been required. They have done it all including all the behind-the-scenes work of something that seems as simple as name



tags. That work included handling mailed-in checks, handling no-shows and those who showed up as surprises, as well as creating all the hand-written name tags. First to arrive and last to get in line to eat, they missed a few meals along the way. Jack and Darlene—many of us have come to think of that almost as one name. And those names have been linked for quite some time—65 years of married life and three years before that as a couple. They are quick to clarify that even though they both graduated from Shelbina High School they “were not high school sweethearts!”

Each has made important contributions to the University and Columbia. Darlene Maddox Miles spent eight years in the MU Athletic Department where she ran the tutoring program and oversaw meals and housing. She then worked in the Alumni Relations office until her retirement. Jack worked for 30 years at the Missouri State High School Activities Association (MSHAA), serving 15 years as Director. Then he joined MU and helped initiate the Senior Games with the Show-Me Games and served there 12 years. Jack was President of MURA in 2010, and for many years Darlene helped to make the MURA picnic a success. Both have had their valuable contributions as retirees recognized by the Chancellor's Award for Retirees-Staff: Darlene in 2005 and Jack in 2013.

When asked about their favorite MURA memories, they both said the holiday luncheon. For many of us, one of our favorite MURA memories is being greeted by Jack and Darlene on so many occasions. Thank you so much for your longstanding service to MURA as you hand over the name tag and greeting function to others. We think you should get to be at the head of the line for breakfasts for many months to come!



## Member Journeys

### Margie Sable's Path to Strength

I've never been much of a regular exerciser. I dabbled in it. I had a regular walking group but didn't keep it up after the others moved away. I joined a few gyms but didn't stick with it, and I worked out with student trainers at the MU Rec Center for a few years before I retired, but it took me a while after retirement to join the ARC for Silver Sneakers and a few other classes. The pandemic put a halt to that except for walking.



After I fell four times and broke four bones between 2020 and 2022, my doctor recommended that I begin lifting weights to increase my bone health. My bone health doctor recommended Met Fitness, a gym that has classes for older adults to improve bone health. I have run into several MURA members there. I joined in July of 2023 and have been working out with a personal trainer twice a week. It has been great and, unlike previous attempts at gyms, I really enjoy it! We started with weights that were not difficult for me and at each workout the weights are gradually increased but only to levels that I can do. I love knowing that I am helping my bone health and only wish that I had started when I was a lot younger.

### Linda Cooperstock's Journey to a New Home



For years, my sons who live in the West have encouraged me to move closer to them so they could care for me when I might need it. During those years, I was still working, and I had an elderly mother to think about. As fate would have it, she had a health issue that convinced her to move from Ohio to be near me in Columbia.



Mother passed away three years ago, providing a stronger incentive to move west, but I was not ready. In a flash, while I was visiting my son in Albuquerque, an unbelievable opportunity emerged to purchase a house two miles from my eldest son and his family. Within a month I had purchased the house, had an estate sale and an auction of the contents of my Columbia house, rented a 20-foot U-Haul, and drove to Albuquerque, New Mexico. My Columbia house sold the following year, and I am now a

New Mexico resident, a volunteer in the school system, a member of the state public health association, and a member of one of the state's Vine and Wine societies.

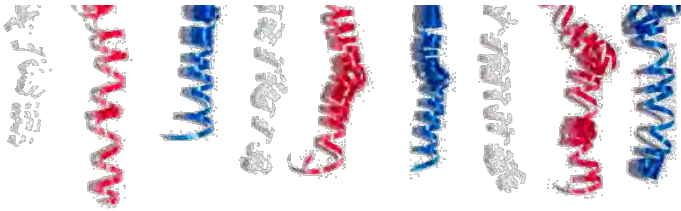
It's been a whirlwind of physical, psychological, and social changes—and the best thing that could have happened. I've learned how to erect wood privacy fences, install astroturf, plant a desert garden, lay vinyl plank flooring, and even operate a fork lift. I've been blessed with opportunities to hike in the mountains with my grandson, witness spectacular sunrises and sunsets, experience the magnificent Balloon Fiesta, make some very good friends, and see roadrunners up close. And they really do run like the one in the cartoon. I do miss Mizzou, the friends, the medical care, the city. But I am now home.

## Another Member Journey

### Kenneth Dean's Peaceful Arrival

In the early eighties, I planned and oversaw continuing education programs for the School of Law. The expectation was that every program would show a profit. For a particular program, I followed all the usual procedures and watched as registrations came in. As usual, I fretted and worried about its financial success. The day before the program, it became clear that it would be a financial disaster.

Amazingly enough, I had an emotional peace settle over me. I stopped worrying and fretting. I slept soundly that night because I had come to understand that it was futile and personally damaging to worry about things over which I have no control. I have lived with that emotional and intellectual recognition ever since. It does not mean that I don't have concerns about the things I can't control, only that I don't worry or fret about them. Since then, the journey has continued as I have emotionally and intellectually accepted that only I can make myself feel guilty, and that no one controls how I experience life but me. Now—if I could just learn how to say “no” more often to “opportunities” presented me by my friends.



## Year-end Financials

Donna Johanning, MURA Past Treasurer

The MU Retiree Association ended fiscal year 2024 with a cash balance on hand of \$12,677.91 and investments with Vanguard in the amount of \$110,478.57. The statement included on page 2 shows the actual receipts and disbursements for FY 2023 and 2024 with the budget for FY 2025.

Investment income transferred from the Vanguard account exceeded the amount budgeted for this year. Lifetime and annual dues were down from prior years. We were pleased to receive \$8,000 from the University, which allowed us to further our mission of advocating on behalf of retirees and providing information and educational opportunities for our members. These funds are being used to subsidize the printing and mailing of newsletters to those without email, sponsor educational seminars, and purchase video and computer equipment to use at our educational breakfast series.

Sponsorships received from Central Bank and Tiger Place were used to offset costs for our spring business meeting, monthly breakfasts, and the holiday luncheon. We thank these sponsors for their generosity and continued support of the organization and will use the funds to keep our social gatherings affordable for our members.

As I turn over the books to the new treasurer, Brian Sanders, I want to thank everyone for their help and advice over the past five years. It has been a great experience.

## Engaging in Aging Workshop and Resource Fair

Barbara Schneider  
MURA Liaison to Osher Lifelong Learning Institute

**The Osher Lifelong Learning Institute** at the University of Missouri (Osher@Mizzou) will present its Engaging in Aging Workshop and Resource Fair at Boone Electric Cooperative Community Building, 1413 Rangeline St. in Columbia, Mo. on Saturday, August 17, from 12:45 to 3:30 p.m. Doors will open at noon. The workshop is free and open to the public.

Life is a journey, and we are all along for the ride. Regardless of where you are on the retirement calendar—thinking about it, beginning the adventure, or well on your way—considering how you will live this new phase of life is often top of mind. This community workshop will help people make choices that lead to healthy, meaningful aging in mid-Missouri. A resource fair will feature organizations that provide services geared to the senior lifestyle as well as local theater, art, and cultural organizations. We welcome non-members along with any previous or current Osher members.

### Schedule

- 12:00 Noon Doors open – Visit the resource fair
- 12:45–1:00 p.m. Welcoming musical interlude by Larry Brown, storyteller, musician and retired MU professor
- 1:00–1:30 p.m. Engaging with Art: Creativity is Not Limited by Age. James Terry, archaeologist and art historian, will present on artists who experienced success later in their lives. Creativity is not limited by age!
- 1:35–2:05 p.m. Engaging in Staging Your Life. Cindy Claycomb, a licensed psychologist retired from private practice, will present on creating a vibrant retirement identity.
- 2:10–2:40 p.m. Things to See and Do in CoMo for the 50+ Crowd: Be a Tourist in Your Own Backyard, presented by the Columbia Convention and Visitors Bureau
- 2:45–3:00 p.m. Farewell musical interlude by Larry Brown
- 3:00–3:30 p.m. Resource fair continues

Please join us to consider and make plans for this next part of your journey. Information about the Osher Lifelong Learning Institute's fall programs will be available, including classes on such topics as Music of the Movies, Drones, Jane Froman, Ancient Italy, Baseball, The U.S. in the 20<sup>th</sup> Century, White Christian Nationalism, Women Artists, Sustainable Housing, World Travels and Culture, Apocalypse Now, British Folk Rock, the Cold War, U.S. Women's Fiction, Novels of Mexico, Homelessness in Missouri, the First Ladies, Technology Potpourri, and the 2024 Election.

We are also initiating new Special Interest Groups: Games, Book Club, Travel Club, Walking/Hiking a Camino, and Discussion of Current Events.

# MURA Leadership Directory 2024-25

## EX OFFICIO AND OTHER NON-VOTING

Robison, Debbie	Audit	dlr4tennis@gmail.com
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# MURA Committee Directory 2024-25

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## UPCOMING EVENTS

Date	Speaker/Program	Location	Time
August 17	Osher Lifelong Learning Institute Engaging in Aging Workshop and Resource Fair	Boone Electric Cooperative Community Building 1413 Rangeline St.	12:40—3:30 p.m. Doors open at noon
September 10	Managing the Learning Machine J. Scott Christianson, Associate Teaching Professor of Management, MU College of Business	Country Club of Missouri	8:00 – 9:30 a.m.
September 26	MU United Way campaign kick-off	In front of Jesse Hall	11:00 a.m.–1:30 p.m.
October 1	Election Candidate Forum	Country Club of Missouri	8:00—9:30 a.m.
October 9	UM Town Hall on Medical Benefits	Via webinar	11:00 a.m.
October 29 or 30	MU United Way Rally	Tables around campus	2:00–3:00 p.m.
October 30	Social with President Choi	Residence on the Quad	4:00 p.m.
November 12	The New MU Children’s Hospital Nim Chinniah, Vice Chancellor for Health Affairs	Country Club of Missouri	8:00 – 9:30 a.m.
December 3	Tim Riley, Director National Winston Churchill Museum	Country Club of Missouri	8:00—9:30 a.m.
December 10	MURA Holiday Social	Holiday Inn Executive Center	TBD

## September Breakfast to Feature Discussion of AI

Mary Leuci, Chair  
MURA Program & Education Committee

**Please join** your MURA colleagues for breakfast on September 10 (note that this is a week later than usual due to the Labor Day holiday) at 8:00 a.m. Our program—Managing the Learning Machine presented by J. Scott Christianson—will explore how artificial intelligence (AI), particularly ChatGPT and advanced machine learning technologies, is changing our world. We’ll see how AI is making a big impact in areas like medicine and retail and how humans and machines can work together in new ways. AI can boost productivity but also comes with risks like misinformation. This talk will help you understand the power and challenges of AI, and why ethical considerations are crucial as this technology continues to grow. Join us to learn how AI is reshaping industries and everyday life.



J. Scott Christianson is an associate teaching professor of management at MU, where his interests are focused on the impact of emerging technology on society and geopolitics. Prior to joining the Trulaske College of Business, he was an entrepreneur with decades of experience in videoconferencing technology, project management, and information technology. He currently serves as the College’s Director of the Center for Entrepreneurship and Innovation, helping students turn their ideas into profitable products and services. He can be reached at [profnews.com](mailto:profnews.com).



## Please Contribute to Our Next Member Feature!

We are planning a member feature on things to do with grandkids for the September newsletter. Please consider contributing your ideas—and pictures, of course! We'll include as many as we can.

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