MESSAGE FROM THE PRESIDENT
George Evanoff, president, The University of Arizona Retirees Association

Greetings and welcome to the 2009-2010 year. UARA is positioned to continue to provide a variety of exciting opportunities for its members.

Thank you for the honor of being elected UARA President and for your support of UARA. We have an experienced and dedicated Executive Committee in place, Tom Rehm, vice president and treasurer, Rose Perrill, secretary, and Past President Suzanne Van Ort, who will continue to provide counsel and advice. Working with them will be a productive and rewarding experience. We are fortunate to have such outstanding leadership.

The UARA Council is composed of committee chairs and other UARA members who provide guidance to the committees and our planning of activities. UARA is fortunate to have such a knowledgeable and dedicated group. Jo Henry will continue to chair the Membership Committee and provide that invaluable service for us. Our legislative watch dog, Uwe Fink, will review and track the State and Federal activities, as necessary. Stardust Johnson will continue to chair the Scholarship Committee and oversee the awarding of the UARA Irving Yall Book Award and the T. R. Rehm Graduate Scholarship. Keith Meredith, UARA past-president and member of the Board of Trustees of the Arizona State Retirement System (ASRS), participates in and informs the Council of ASRS activities. Janice Murphy, UARA past-president, contributes a great deal of time and effort in her role as editor of Jubilación.

You are invited to participate in the Council meetings. The Council meets on the second Tuesday of the month from 9 - 11 a.m., usually in the Vine Building located at 1125 N. Vine. Parking is available adjacent to the Vine Building. Please join us.

Two important projects will be started this year. A review of UARA communications will be made with Roger Caldwell leading this important endeavor. We will look at all of our communications to our members to see where they can be improved, upgraded, or changed to utilize current technologies. If you are contacted, please assist Roger and his group in this valuable project. Bob Sankey will lead a process that will study “volunteerism” opportunities both within and outside the University structure. Can we provide a service that will link the
volunteer and the agency or department? Both of these are exciting tasks.

Our first luncheon will be Saturday, October 31, at Skyline Country Club. We are fortunate to have Stephen J. MacCarthy, vice president for External Relations, as our speaker. The Thursday, January 28th winter luncheon will be held at the Tanque Verde Guest Ranch. The Saturday, April 24th spring luncheon will be held at the Tucson Country Club with William M. Crist, MD, vice president for Health Affairs, speaking. Again, we have Linda Pace to thank for arranging these wonderful luncheons.

Thank you, and remember that your participation is vital to the success of our Association.

George A. Evanoff

UARA EXECUTIVE COMMITTEE PROFILES

President George Evanoff retired from the U of A in 1995. He held several positions during his university tenure: Personnel Director, Special Assistant to the Sr. Vice President for Academic Affairs, and Director of Appointed Personnel. He is active in aging issues within the community and the state. He currently serves as a Governor’s appointee to the Governor’s Advisory Council on Aging.

Vice President and Treasurer Tom Rehm, professor emeritus of Chemical and Environmental Engineering, fully retired from the U of A in May, 2002, closing out 42 years of teaching at the U of A and the University of Denver. Rehm served three terms as the Chairman of the Faculty at the U of A. He is a member of the Tucson Audubon Society and is treasurer of the Vactor Ranch Homeowners Association. He is a volunteer at the Pima Air and Space Museum, where he is involved with the construction of aircraft exhibits.

Secretary Rose Perrill, administrative associate for The Mel and Enid Zuckerman College of Public Health, retired from the U of A in January, 2007, after 26 years. While working in this College, she was named Employee of the Year in 2002 and was instrumental in creating a Staff Advisory Council for her college in 2001. She was also instrumental in creating the Arizona Health Sciences Center Staff Advisory Committee. Currently, scrap booking, writing, traveling, cooking, singing in the community and at her church, Rose is totally enjoying retirement.

Jubilación = HOO-BEE-LAH-SEEOWN

“I must be willing to give up what I am in order to become what I will be.”

Albert Einstein
As a master’s student, I began working at the Healthy Aging Lab directed by Dr. Zhao Chen of the Mel and Enid Zuckerman College of Public Health, opening up the world of research related to aging. Using epidemiologic principles, our lab investigates the causes and consequences of common health conditions in older women. Dr. Chen is a co-investigator of the National Women’s Health Initiative Study (WHI). The lab has been able to study:

- bone strength and its relationship to fracture risk,
- anemia and its relationship to health outcomes such as mortality and skeletal muscle, the possible role of biomarkers such as inflammatory cytokines, and growth factors on skeletal muscle in participants of the WHI.

Working on the various osteoporosis studies at the Healthy Aging Lab has increased my knowledge about and solidified my interest in bone health, a key issue in aging populations. The prevalence of osteoporosis increases with age, certain lifestyle factors (such as smoking and lack of physical activity), and with certain disease conditions. Rheumatoid arthritis (RA), one such condition, is associated with many osteoporosis risk factors, including several molecular contributors of osteoporosis. Low bone mass and increased fracture risk, especially detrimental hip fractures, have been reported in RA patients. Because of the large fracture risk, the RA patients are an important population in the study of additional factors associated with fractures within the WHI.

One such risk factor is bone strength, which comprises both the material and structural properties of the bone. Material properties, such as bone mineral density, are routinely measured; however, structural properties are not. In a previous study, Dr. Chen and colleagues were able to reanalyze bone scans with a special program designed to estimate structural parameters, and have shown that the intervention effects of hormone therapy and calcium and vitamin D supplementation, can improve structural estimates. One of the aims of my dissertation is to assess these structural parameters in the RA population to see if structural decline, in addition to loss of bone mass, is an additional risk factor for fractures. As the analyst for the calcium and vitamin D paper, I have learned important biological and statistical concepts that have benefited my dissertation research. I am in the process of preparing manuscripts for publication in my dissertation and other scientific research journals.

I have recently gained interest in the multiple sclerosis (MS) population as I was diagnosed with it a year ago. I read copiously about MS, and learned that it is associated with decline in several areas including comprehension and walking ability, increasing the likelihood of disability. As a patient, I was (and still am a little) terrified about my future; however, as a budding researcher, I see all the potential studies waiting to be performed. All of my current research interests can be applied to MS patients, as there are similarities between the mechanisms of RA and MS. In the future, I would like to pursue MS research and the training I have had as an epidemiologist interested in rheumatology and aging will help ensure a successful transition.

Over the past academic year, the T. R. Rehm scholarship has assisted in payment of tuition and fees. It has also been and will be a supplement for several conferences. I recently attended an MS legislative conference in Phoenix and learned how to become a MS activist. This was my first experience in speaking to legislators and I hope my story helped in the decision to not cut vital programs for people with disabilities. I will also be attending a conference on the brain, bone, and fat connection. This is a very promising research area for all of my research interests and I hope to gain insight on future directions in my pursuit of unfolding the important factors related to osteoporosis, body composition and aging, to continue to benefit women’s health.

### UARA General Guidelines For Scholarship Administration

- Scholarship recipients shall be featured annually in one issue of Jubilación.
- Scholarship recipients shall be invited as UARA guests to one UARA luncheon.
- Scholarship funds shall be held by the University of Arizona Foundation to ensure that contributions are tax deductible.
- Contributions should be made payable to the University of Arizona Foundation, specifying either the UARA Irving Yall Book Scholarship Endowment or the UARA T.R. Rehm Graduate Scholarship Endowment (or both). Gifts may be mailed to UARA Treasurer, University of Arizona Retirees Association, P.O. Box 42391, Tucson, AZ 85733, or they may be made online at http://www.uafoundation.org/.
At the time of this writing (8/23/09) the state of Arizona is still without its fiscal year 2009/2010 budget. The first regular session of the Legislature in 2009 ended on June 30, just after Governor Brewer, also a Republican, vetoed a budget that passed both the House and Senate weeks before, but which the Republican leadership refused to send to the Governor until the last day of FY 08/09. Instead the Governor called a Special Session of the Legislature, which began in July, devoted to the budget. Because Republicans have large majorities in both the House (35 Republicans, 25 Democrats) and Senate (18 Republicans, 12 Democrats), the Democrats have had very little influence on the budget. What we have seen so far is a budget with a 2.5 to 3.7 billion dollar shortfall for the current fiscal year, even after massive cuts in education and other public services at all levels. The Governor wants temporary tax increases. Her opposition in the Legislature wants nothing to do with such proposals. It’s time to find grounds for a compromise.

Fortunately, there exists a constitutional amendment forbidding the Legislature from tapping any resources of the Arizona State Retirement System for any other purposes than providing benefits to ASRS. Nevertheless, an attempt was made with House Bill 2171 to fund the Arizona Science Foundation out of the ASRS Trust Funds. Apparently because of insufficient discussion time, the bill failed to make it out of the Committee of the Whole (House of Representatives). This situation must be monitored carefully during the upcoming legislative session.

We are approaching the end of another long, hot summer in the State of Arizona. Hopefully, we’ve escaped the worst of the economic turmoil with projected (unaudited) losses of -19.1% for the Arizona State Retirement System (ASRS) trust fund of the “Plan,” and -17.4% for the trust fund of the older, closed “System.” These returns, as poor as they may sound, are certainly better than what was being projected not more than six months ago.

Major implications for members of the Plan include increasing contribution rates for actives over the next several years, a reduced actuarial funding basis for the fund, and further delays before Permanent Benefit Increases (PBIs) can return. The rise in contribution rates will be mitigated by our process of ten-year averaging. However, at the same time, this will spread the impact over ten years which contributes to the delays in the PBI. Our actuarial funding basis will drop below 80 percent but not to an unmanageable level. We should be able to return to the 80 percent level over the next several years.

Implications for members of the “System” are more in question until the fiscal valuation is concluded. As these members are aware, if the actuarial funding basis drops below 95%, the Board of Trustees is required to reduce benefits to a level necessary to bring the funding basis back up to 95 percent. Staff and the Trustees have been monitoring this situation carefully. Members will be kept fully informed of implications as the valuation process continues. Fewer than 2,000 members are part of the old system with approximately 500 of these members residing in the Tucson area.

The future of the economy, in my opinion, can best be described in one word, “uncertainty.” Uncertainty brings continuing volatility to the financial and Wall Street marketplace. One should be skeptical and cautious about all information being distributed in the public media. The pundits are more often influenced by personal agendas than by a true critical and objective analysis of market conditions. This applies to the political arena as well. Any statements regarding the effectiveness or ineffectiveness of governmental actions are, at best, premature and are probably framed more in political ideology than by an astute understanding of the marketplace. We must realize that we are experiencing an unprecedented collection of phenomena with many continuing, unknown factors. It is not a stretch to expect any recovery to be influenced by these same factors, making the recovery just as unpredictable.

With these caveats, there is some reason for guarded optimism including the rally in the market over the summer months, increasing financial loan activity, a slowing in the housing market slump, a slowing in unemployment rates, etc. However, this optimism must be flavored with concerns about continuing, although smaller, increases in unemployment, the potential for future inflation, the lack of buy-in by the consumer, etc. See what I mean - uncertainty. I believe, and it is a belief, not a fact, that nobody knows how we’ll emerge from this period, but we will recover. The questions remain, when and how much.
COMMUNITY RELATIONS OUTREACH

Holly Altman, director of Outreach and Community Partnerships

The U of A Office of Community Relations invites you to participate in the following activities:

- UA Cares - Consider donating to the University through the UA Foundation or to the Tucson and Southern Arizona community through the United Way. University giving options include the UARA Scholarship Fund, Arizona Assurance (the University’s new financial aid program designed to help students below a certain income level graduate debt-free), or any UA program of your choice. Support the United Way in their new focus on Education, Income and Health, or give to any 501(c)(3) non-profit of your choice. UARA members will receive a donation letter from the Office of Community Relations in early September.

- Cats in the Community Day - This year’s lucky non-profit recipient for the “UA Extreme Non-Profit Makeover” is our very own Wildcat School! The University-wide volunteer event will take place on Saturday, March 6, 2010. Volunteer registration begins after school starts in January. Please consider volunteering. We will also be collecting books for the children attending, so hang on to your middle school age-appropriate books for our drive.

- UA4Food - Stay tuned to University news for our second annual “Stuff the Cat-Tran” event. The exact date has not yet been set, but it will take place in early April. The drop-off location is on Cherry Street on the UA mall. It’s so easy to drive by and drop off food for Tucson’s children and families in need.

For more information on any of the above programs contact Holly Altman, director of Outreach & Community Partnerships in the Office of Community Relations, at 626-4671 or haltman@email.arizona.edu.

SUMMER’S END = OLLI’S RESTART

Susan Green, editor, College of Education, retiree

Desert plants aren’t the only things that perk up with summer’s end. OLLI members are eagerly looking forward to stimulating fall classes and a chance to reconnect with (equally stimulating) friends.

This fall a new Marana OLLI will come on board, meeting at Heritage Highlands at Dove Mountain, 4949 W. Heritage Club Blvd. * We’re pleased to be offering this program for those on the north side of the Tucson metro area and at an introductory cost of only $50 per semester. If you’re interested in this new program, contact Mary Tofel at 744-0321 or mtofel@aol.com.

Tucson classes begin on September 14; Green Valley classes on September 28; and Marana classes on October 12. Programs vary in their curricula, class times and fees.

As OLLI enters its 20th year, members are in the midst of restructuring the organization. The new by-laws will better meet the needs of a larger and more geographically diverse program and provide a framework for further expansion. OLLI just keeps getting better and better. Come join us.

For more information about any of the three programs, see the OLLI website at olli.arizona.edu. The OLLI office number is 626-0939.

- *For directions to the new Marana site from I-10, take the Tangerine exit east; cross the railroad tracks and continue to the first traffic light (Basha Shopping Center, Dove Mountain Blvd.); turn left. Continue up the mountain for approximately 3 miles; turn left at the guard house. Announce to the guard that you are going to the club house. Continue until you see the clubhouse on the left by the tennis courts. At the entrance, make a left to the clubhouse.

“Keith Meredith is one of only nine people in the State who is a Trustee of our retirement Trust Fund, now valued at about $21 billion. As such he has access to some of the best financial advice available in this country, advice that the Board of Trustees and the Director of ASRS must regularly solicit and evaluate in order to meet their serious responsibilities to the 400,000 members of ASRS.”

James Burke, Jr.,
director, professor emeritus, Optical Science
Jubilación

As we begin a new academic year at The University of Arizona, Parking and Transportation Services (PTS) has many new programs and initiatives in store for the campus community.

PARKING AND TRANSPORTATION SERVICES
Bill Davidson, marketing specialist, Parking

Parking Permit and Visitor Rate Increase for 09-10. Beginning in fall 2009, the majority of permit prices will increase by $50 per year for the first year and by $116 per year for the second and third years. This equates to less than 20 cents per day or less than $5 per month in the first year, and by less than 50 cents per day or less than $10 per month in the second and third years. The revenue generated from the rate increase will pay for phased in Alternative Transportation programs, such as car sharing, bike sharing and an increase in the Sun Tran bus pass subsidy. Visitor rates in the garages will also increase by $1 per hour, from $7 to $8.

New Cat Tran Shuttle Routes. The most noticeable change will be an additional route, the Green Line, which will connect the east and northwest sides of the University. The new route will go from the Main Library and Optical Sciences via the Mall, past UAPD and west along First Street before looping around McClelland Hall and the Fine Arts Plaza and back along Second Street and Cherry to the Mall (see http://parking.arizona.edu/pdf/maps/shuttle_guide.pdf. The downtown Ronstadt Center is another addition to the USA route. Many of the Sun Tran buses coming to campus come from the north and east. Riders coming from the south, southeast or southwest come into downtown and have one or two bus transfers in order to get to campus. The new USA stop at the Ronstadt Center will assist them. The USA shuttle also stops on 4th Avenue for those interested in shopping or dining.

New leadership. David Heineking has been appointed Director of Parking and Transportation. He replaces Patrick Kass, director since 2000, who recently left the U of A for the University of Wisconsin. Heineking has been associate director of Parking and Transportation for three years and assumes the director position with some impressive plans. His main goal is to provide alternative transportation for students to get to campus effectively and affordably. Bike sharing and car sharing are two programs Heineking is excited to begin implementing. He intends to provide as many options as possible, making many of them green. Car Sharing will begin this fall.

Connect by Hertz Car Sharing Program. This program is designed for students, employees, retirees and campus neighbors. It’s all the perks of having a car, without having to own one. With rates as low as $8.00 per hour, hitting the road is easy. Choose a plan, book a car, pick it up and drive away - for an hour, a day, or more. Use it for an appointment or to go shopping. You will get a membership card to unlock your car, the keys will be inside waiting for you. Gas is included in your fee. No fuel costs, no insurance charges, no maintenance! Easy, go to http://www.connectbyhertz.com for more information.

Motorcycle spaces for retirees. Retirees may park in campus motorcycle spaces and display their Retiree permit. Permits can be encased for a $6 fee at the PTS office.

Responding to many questions following the announcement of PTS changes for 2009-10, following is an overview of the change and its affect on retirees.

Retiree permits entitle a benefits-eligible, retired employee to park occasionally in Zone 1 and south of Sixth Street lots at no charge. Four new south of Sixth Street lots and two new Zone 1 lots on the north side of campus opened last year. At the same time, because of campus growth and construction, five of the Zone 1 lots on the south side of campus were closed or converted last year to lot specific parking areas. There are no more Zone 1 parking lots on the south side of campus, only south of Sixth parking. Lot specific areas are not designated for retiree permits. A complete listing of the lot changes may be found online at: http://www.parking.arizona.edu/programchanges. Retirees holding state disabled license plates or disabled placards may also park in disabled spaces throughout the campus. Disabled retirees must display their state disabled placard and the retiree permit when parking in a campus disabled space. Disabled retirees may also park free in the Park Avenue, Tyndall Avenue and Highland Avenue garages on a space available basis.

Retiree parking privileges are for the benefit of the retiree only. Non retiree permit holders attempting to use a retiree permit may be subject to a fine. The retiree benefit/privilege of holding lifetime permits will continue. It is only the renewable nature of permits that is a change, and that is for PTS management of permits. We want to manage the retiree permit process by using an expiration date. If you are the holder of a
September 2009

Jubilación

Page 7

Jubilación

September 2009

retiree parking permit without an expiration date listed on it, please come in to the PTS office at 1117 E. Sixth Street to receive a new permit with a three-year expiration date on it. Permits were issued to retirees prior to August 2002 without expiration dates. All permits now have expiration dates!

Retirees who have returned to an active status greater than .49 FTE and are on the University of Arizona payroll are required to purchase a regular parking permit to park on campus. Call the PTS office at 626-PARK (7275) to check on the availability of permits.

When you sell your car, please make sure that you remove your retiree parking permit sticker that is on your windshield.

We look forward to assisting you with your parking permit needs. For more information. Please call 626-PARK (7275) or go online at http://www.parking.arizona.edu.

HUMANITIES SEMINARS
REGISTRATION OPENS
Janet Hollander, Executive Committee, HSP

Registration is open for the fall semester of the Humanities Seminars Program at the University of Arizona. The first class begins on September 30.

According to Program Director and Regents Professor Dr. David Soren, the University has been offering seminars in fine arts, literature, geopolitics, classics and more for almost 25 years. There are no prerequisites for the classes and no tests or grades. In Professor Soren’s words, “It’s learning for the fun of it; all you need to bring with you is an inquisitive mind.”

In the late 1970’s, Tucson resident Dorothy Rubel began a campaign to persuade the University to create a “town and gown” program like the one she was active in at the University of Chicago. Her vision was to have top University professors teach classes to members of the community. There would be no examinations, but reading assignments would be offered and discussion encouraged. Today’s Humanities Seminars continue Dorothy Rubel’s vision of presenting interesting topics taught by award-winning faculty at the U of A who are chosen for both their scholarship and excellence in the classroom.

Two-thirds of the attendees are repeat “seminarians.” Cynthia Lang, a long time participant, says of the program, “Intellectually stimulating and an important pipeline to the University, the Humanities Seminars also bring together a fascinating group of learners with wide and deep experiences.” In fact, many participants form lasting friendships with their fellow participants.

Classes meet in the new Dorothy Rubel Seminars meeting room on the ground floor of the Helen S. Schaefer Building (1508 E. Helen Street) at the University. Convenient parking is across the street in a new parking garage.

Classes meet for two or three hours one morning a week and run for ten sessions. Classes offered this fall are:

Shakespeare’s Comedies. Professor Medine leads participants through an examination of the comedies, which Shakespeare took at least as seriously as he did the tragedies.

Monumental Melville: The Example of Moby Dick. A careful and close reading of Moby Dick guided by Professor Edgar Dryden, recipient of the University of Arizona College of Humanities Distinguished Service Award.

The History of Anti-Semitism. Taught by four-time seminar presenter Professor Thomas Price, this course examines various definitions of anti-Semitism and traces its history from pre-Christian times to the present.

Venetian Art. This course looks at the art of Venice as it grows and develops as part of the history of the Venetian republic. The seminar will be taught by Professor Richard Poss whose research areas include astronomy and the arts.

Johann Sebastian Bach: Career and Works in Overview. This seminar provides an understanding of Bach’s music in the context of his environment. As an organist, Professor Stephen Keyl is both a performer of Bach’s works and a scholar of his music.

University of Arizona Retirees Association Mission Statement

Purpose: to foster the benefit, interests, and well-being of the retired faculty and staff of the University of Arizona through social, educational, and promotional activities, as well as to encourage continuing contact between retirees and the University.

Membership: open to University of Arizona retired faculty, appointed professionals, staff, and their spouses.

Page 7
Help Us Build a Community for All Ages: Participate in the PCOA Community Assessment Campaign during October

The huge presence of older adults in our community presents unique opportunities to be a voice for your own generation, and to directly help shape the community agenda about how our city and environs across the county will support services for older adults and pledge a commitment to build a community and a sense of place that appreciates, respects and engages people of all ages, now and for generations to come.

In the year 2030, the youngest members of the so-called “baby boomer” generation will hit 65, making up nearly a quarter of the country’s population, according to the U.S. Census Bureau. If current older Americans are a precursor of what is to come, they will experience multiple social, economic and health challenges and functional disability in record numbers as noted by many national experts.

The huge presence of “boomers” and older generations of adults may also encourage more research and improve direct services and care options and may place a renewed focus on specialized geriatric and end-of-life care. This is a big prescription for all of us; however, Tucsonans are known for exceptional levels of community engagement.

Next month, Pima Council on Aging will launch the Area Plan on Aging Community Assessment campaign, an intensive series of free, consumer-directed public input sessions, and will distribute a survey to capture what you tell us are the highest priorities of social and economic need affecting older adults living in our cities and towns in urban and rural settings from Ajo to Green Valley and South Tucson to Oro Valley.

Visit our web site online at http://www.pcoa.org after September 14, 2009, for the list of locations where Community Assessment public input sessions are scheduled or to obtain the official survey (to complete and return during the campaign for the report).

The 42-year-old nonprofit agency is the designated Area Agency on Aging (AAA), one of eight across the State of Arizona providing services for the older residents and caregivers in our county and, as such, mandated to collect and produce a blueprint that is known as the Area Plan on Aging Community Assessment campaign.

The report is compiled every three years for submission to state and federal agencies in the aging network. The City of Tucson, Pima County agencies, and the United Way of Tucson and Southern Arizona are primary community partners in this collaboration.

Pima Council on Aging has been and continues to be at the forefront of advocating for and providing access to services for older adults. It also takes the lead to identify, compile, and track the emerging issues affecting older adults, now and for generations to come.

Advocacy is promoted by inviting adults to learn about current issues affecting older people through participation on one of our free monthly presentations hosted by the Council of Senior Citizen Organizations, a coalition that is supported by PCOA, on the second Thursday of the month from 1-3 p.m. at TMC Senior Services, 1400 N. Wilmot Road on the El Dorado Health Campus.

People from all socio-economic sectors of our community make up the diverse range of clients who contact PCOA when they are beginning to navigate a host of issues. These clients tap into many of PCOA’s free or low-cost, affordable services and local resources and the web site at http://www.pcoa.org is loaded with information about services, evidence-based fact sheets, briefs, and reports as well as links to the local community and home services system for older adults.

Other popular monthly workshops are available by reserving a seat on the first Wednesday of the month from 2-4 p.m. at the PCOA office to learn about how to better understand the Medicare maze or how to access and apply to become a client of the Arizona Long Term Care (ALTCS), on the east side of Tucson.

Residents who live in the northwest corridor or in Green Valley can schedule an appointment at one of two community satellite offices that opened last year in partnerships with Interfaith Community Services and Pima Community College in Green Valley.
People in their 50s and older who are navigating pre-retirement planning and may also be considering re-employment may want to learn more about the Mature Worker Connection, a free employment referral and skills assessment service for re-entering the workforce seeking part-or-full-time employment.

Volunteerism is growing nationwide and PCOA offers a wide range of options, whether it is to join an established neighborhood-based Neighbors Care Alliance program to help a homebound senior stay independent in her home; to complete skills training to become a Medicare counselor; or, join the RSVP, the Retired and Senior Volunteer Program administered by the agency.

There are many paths to navigate. Contribute your considerable experience and point of view and participate in the upcoming Area Plan on Aging Community Assessment campaign next month. If you don’t know where to begin when you have questions about aging, visit PCOA online at http://www.pcoa.org or call PCOA Intake at 790-7262.

**UPCOMING EVENTS**

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>October 17</td>
<td>Health Aging Community Forum, 12:30 p.m.</td>
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<td>Kiewit Auditorium, UA Cancer Center, free;</td>
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<td>To register attendance, call AZ Center on Aging, 626-5804</td>
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<td></td>
<td>Topics: Brain Fitness; Nutrition; Sleeping Well; Immunization and Longevity; Aging Education</td>
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<tr>
<td>October 31</td>
<td>Luncheon, Skyline Country Club</td>
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<td>November 4</td>
<td>Speakers Dr. Eric Reiman and Dr. Alfred Kaszniai, 1:30 p.m., Copper Room, 600 S. Alvernon Way; Topic: Alzheimers Research</td>
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<td>January 28</td>
<td>Luncheon, Tanque Verde Guest Ranch</td>
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<td>March 6</td>
<td>Cats in the Community Day (626-4671)</td>
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<td>April 24</td>
<td>Luncheon, Tucson Country Club</td>
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**HOW BIG IS ONE TRILLION?**

Email

An author gave an example of how large a trillion is on a recent TV program and noted that most people don’t really know. The author was Ezekiel Emanuel, the book was *Healthcare Guaranteed*. His reference point was to use the number of seconds to represent million, billion, and trillion.

How long is a million seconds? 11.6 days
How long is a billion seconds? 31.7 years (it would be 1977)
How long is a trillion seconds? It would be 29,700 B.C.

**ZUBE HAD EARLY CONNECTION TO UARA**

Margaret J. Zube died in Tucson on June 11, 2009. Zube received her undergraduate degree from the University of Wisconsin, her graduate degrees from the University of Massachusetts. Prior to coming to Tucson, she was a Director for the Geriatric Authority of Holyoke. In 1977 she and her husband Erv both came to Arizona to work for the University. At the University, she was both an administrator and teacher for gerontological programs. In 1978, President Schafer appointed Margaret Zube to lead a Faculty Committee to investigate forming a retiree’s association and work began on formulating a list of retired faculty. Staff were added to the mix and in 1979 Human Resources agreed to sponsor a faculty/staff newsletter. Thus began what was to become the University of Arizona Retirees Association. Her involved and active life benefited many.
Many people on the threshold of retirement ponder the same thoughts I did last year as I approached the completion of more than thirty years of employment at the University of Arizona Libraries. How will I keep physically and mentally active? What is important to me that I missed while working at the job I loved? What did I like about that job that I want to continue after retiring? I liked working in an educational environment but I did not have enough time for outdoor activities. The solution was to contact the Volunteer Coordinator at Tohono Chul Park. I registered for an orientation session that was scheduled the second day of my retirement, and found myself caring for plants in the Propagation Greenhouse within a week. Soon, I added a second shift at the Tohono Chul Park Exhibit House Art Galleries.

Shortly after beginning work in these two contrasting areas and learning more about the mission and organization of the Park, it became clear that I was in the right place to satisfy my personal values by furthering my knowledge of all aspects of the Sonoran Desert and contributing to its preservation through education. Another opportunity arose when I found out that the annual docent class would start in October. I jumped at the chance to sign up.

The docent program at Tohono Chul Park is extensive. It lasts eighteen weeks and consists of one full day a week of class and labs, homework, weekly quizzes, and (yes) a final exam! This can seem a bit intimidating when many years have passed since being a student in a classroom. However, the classes are well-designed with the goals that students will learn, succeed, and become effective and knowledgeable guides. The application process includes an interview, another opportunity to confirm that this program is the right match for both the prospective student and the Park. Becoming a member of the Park is required, along with a registration fee to cover the cost of a manual, in loose leaf format, with all of the information necessary to do well in the class.

The class format is holistic. Well-known, local experts lecture in the various fields we study. These include, but are not limited to, plants, mammals, birds, reptiles and amphibians, Arizona history, native peoples, geology, and archeology. The afternoon is used as a lab, with the entire Park available to use for learning in the field.

The support of the other students and our inspiring professor was evident from the first class, and it was obvious that failing the class was not in my (or anyone else’s) future. We worked together, helped each other learn, and formed lasting friendships.

When the class ends, new, knowledgeable, and well-prepared docents are ready to help Tohono Chul Park meet its mission “…to enrich people’s lives by providing them the opportunity to find peace and inspiration in a place of beauty, experience the wonders of the Sonoran Desert, and to gain knowledge of the natural and cultural heritage of this region.”

As my docent work continues, my curiosity increases at the same rate that my knowledge grows. I consult and learn from other docents and Park staff, as well as a wealth of reference resources online and in print. I’ve discovered that being a docent is one of my most rewarding ventures - just like my job at the U of A!

Below is a short list of websites to check for local docent opportunities. There are many more that you can find with a quick web search.

Tohono Chul Park: http://www.tohonochulpark.org/volunteer.html

Tucson Botanical Gardens: http://tucsonbotanical.org/involved/become-a-docent/


University of Arizona: http://externalrelations.arizona.edu/community_volunteer.cfm