TOUR MT. HOPKINS WHIPPLE OBSERVATORY—
WEDNESDAY, MARCH 25
7:45 a.m. Depart Tucson. We will arrange carpooling for those who want to ride with others down to Mt. Hopkins which is in the Santa Rita Mountain range, outside of Amado. Approximate drive is 1.0+ hours. **9:00 a.m.** The tour starts with a video presentation in the Visitor’s Center at the base of the mountain.
**9:30 a.m.** A bus takes everyone up the mountain, and then we will tour the observatory. We will need to bring our own sack lunches. **3:00 p.m.** The bus returns us to the Visitor’s Center.
**4:00 p.m.** Return to Tucson. Note: Be prepared for cooler temps and moderate exertion in the thinner air. The tour cost is $10.00. Reservations open up on January 13 and are limited, so sign up early! Please **RSVP to Vicki Mills, vamills@email.arizona.edu**.

SECOND RUNNING OF THE RACETRACK AND EQUINE CENTER TOUR
by Jim Barrett, Activities Director
We’ve had numerous requests to repeat the tour of the Race Track Industry Program (RTIP) and the Equine Center. Now they are both located at the new Al-Marah Equine Center, a beautiful 88 acre facility, at 4101 Bear Canyon Rd. Even if you participated last year, there is a lot more to see including over 90 horses. The RTIP was the home of two famous UA graduates: two time triple-crown winning trainer, Bob Baffert, and Tod Pletcher, who was the trainer for three horses in last year’s Kentucky Derby.

The tour will start at **9:00 a.m. on Wednesday, March 11**, at the Equine Center. Directions from UA: take Speedway to Wilmot, turn North, continue onto Tanque Verde Road, turn left onto Bear Canyon Road. RSVP to Jim at jandkbarrett@gmail.com by March 7.

DID YOU RENEW? MEMBERSHIP DUES RENEWAL REMINDER
Late payments are still being accepted. Dues are still $20 for one year (through June 30, 2020); $80 for five years (through June 30, 2024) and $10 per year for UA employees who plan to retire in the next two years. Dues payments may be sent electronically via [arizonalumni.com/UARA_membership_winter](http://arizonalumni.com/UARA_membership_winter) or mailed to Rhonda Rugg c/o UARA, P.O. Box 210109, Tucson, AZ 85721, or by visiting [www.uara.edu](http://www.uara.edu) and making your payment on line. Thank you!
LUNCHEON SPEAKER, DR. CLIVE D. L. WYNNE

The winter luncheon program speaker will be Dr. Clive D. L. Wynne, ASU Psychology Professor and founding Director of Psychology’s Canine Science Collaboratory, which studies, among other things, dog welfare at animal shelters, behavioral problems at home, and human-dog interaction. Dr. Wynne will be discussing his latest book, Dog is Love - Why and How Your Dog Loves You.

Dr. Wynne was born in England and studied at University College London and the University of Edinburgh. He has served on the faculty of the University of Western Australia, and the University of Florida, before arriving at Arizona State University in 2013.

You may RSVP electronically through the “Events” page link on UARA website (uara.arizona.edu), or through the UAAA website (arizonaalumni.com/alumni-events).

TINNITUS SUPPORT GROUP SOON TO BE AVAILABLE TO UARA MEMBERS

Did you know that 50 million Americans suffer from Tinnitus (ringing in the ears)? If you are one of those people, there is a support group currently being created (the only one in Arizona) by UARA member, Trudy Jacobson.

Currently, there is no definitive cure for the symptom, but there are many ways to ease the discomfort. Support from other people is one of the best ways to help you cope. This will not be an educational forum, but rather a venue for people to share their feelings, fears, successes and ideas. Sometimes a simple suggestion from someone who is suffering from Tinnitus can help you.

The first group support meeting will take place on Saturday, February 22, 9:00 a.m. at Reid Park Ramada #15 (next to the dog park).

If you would like to participate, please email Trudy at trudyj@cox.net, or call/text (520) 982-7813. You will receive a reminder before the first meeting.

Please search Tinnitus on the web and learn as much as you can before the support group begins. There is something you can do about it! Visit the American Tinnitus Association’s website at ata.org.

LEGISLATIVE UPDATES

GOVERNOR’S ADVISORY COUNCIL ON AGING (GACA)

See https://aging.azgovernor.gov

ALL ABOUT OLLI

Happy Birthday, OLLI! The University of Arizona’s Osher Lifelong Learning Institute is celebrating 30 years of providing quality non-credit education to persons over 50, along with social outings and plenty of volunteer and leadership opportunities. Is OLLI for you? Read more at the Member’s Corner on the UARA website, uara.arizona.edu.

WHY BILL BULL LOVES TEACHING AT OLLI

I began my 28 years of teaching in UA Geosciences with classes that emphasized Landscape Evolution. I became interested in how streams are reacting to changes to water and soil eroded from watershed hillslopes. My teaching style involved field trips where we walked along stream beds and students learned research by asking questions, collecting and analyzing data, and presenting results in a class meeting.

OLLI is a different world of teaching, and it’s challenging because the professional breadth and depth of knowledge of older adults broadens the discussions. Study group leaders can create any mix of lectures, powerpoints, and videos, or break up larger classes into small discussion groups. With no tests to grade, it’s an uninhibited format. The 2-hour classes provide the time to assess complex problems in depth. Students are eager and enthusiastic and that is especially rewarding. I invite you to give OLLI a try!
A BRIEF 40 YEAR HISTORY OF UARA

A group of faculty in the early 1960s began meeting to discuss common interests and the problems of aging. In 1978 the Retired Faculty Committee was established and worked with the University Committee on Gerontology to develop activities related to university retirees. For practical purposes it soon focused on both Faculty and other Appointed Personnel and Staff retirees and the UARA was formed in September 1980. For roughly the next 20 years the UARA grew in membership, addressed legislative issues, and developed a range of events and activities for the membership.

For the first 20 years the newsletter was published by the Personnel Department, and was titled Jubilación (Spanish for “retirement” and implying a “happy” feeling). In 2012 the title was changed to UA Retiree News. Over the years there have been six editors with a publication frequency of three times a year. New logos for the newsletters were developed in 2008 and 2015.

The year 2000 marked the end of support by Human Resources, which had provided support for the newsletters for 20 years. In 2015 the UARA became an official affiliated unit of the Office of University Relations. Starting in 2018, the UARA is now a program in collaboration with the Alumni Association.

The first UARA office was in the Student Union and was provided by Bill Varney, the Director of the Student Union. It remained there for 11 years. In 1991 it moved to Warren Avenue for 12 years (that building was torn down for building the UA Bio5 Institute). The office then moved to the Sun Building on Speedway for 12 years, and in March 2015 moved to the Babcock building on E. Speedway. Early offices were staffed by volunteers and Jency Houser became the first office manager, followed by Pat Williamson, Trudy Jacobson and Kahi Hart. Currently, there is no office manager.

Several luncheons were held annually in the Student Union. By the 1990s, the UARA membership decided to host luncheons off campus. Speakers were from both on and off campus.

Group activities such as book and bridge clubs gave way to sporting events and tours of campus attractions, such as the Mirror Lab and the Arboretum. Educational seminars covered a wide range of topics with a focus on financial and health topics but also included UA experts in various fields.

The UARA awards scholarships to UArizona students: Irving Yall Book Scholarship (began in 1998); T. R. Rehm Graduate Scholarship (began in 2008); Van Ort UARA Undergraduate Scholarship (began in 2013).

In 2010 the website was moved to the UA website and a new email account was established. The website contains a wide range of resources and links to University websites of special interest to retirees. The latest brochure was re-designed in 2018.

Ten UARA members wrote “recollections” of their UARA experiences and perspectives in the full booklet format of UARA’s history. The full booklet or short format can be downloaded from the UARA website. Select “history” under the “Activities” heading on the home page: uara.arizona.edu.

As the UARA enters a new era, the organization will be transforming itself to maintain good relationships with current retirees, but also become more attractive to future retirees. Working together, UARA members will seek solutions to the challenges before us.

OFF MY ROCKER!
by Trudy Jacobson, UARA member
Retired 2003, Coll. Of Medicine; UA Class of 1975

“There has never been a more exciting time to be at the University of Arizona. Don’t you want to be a part of it?” These are the words of Melinda Burke, President of the Alumni Association, who recently welcomed a group of retirees at a reception with Dr. Robert C. Robbins, UArizona President. Dr. Robbins talked about many of the amazing scientific and medical developments happening at the university now, including the Human Genome Project, OSIRIS-REx, Robotics, and Biosphere 2.

Ms. Burke emphasized that by becoming active in the UARA, you can stay involved. We are all ‘ambassadors’ for the university. We love to tell people all about what’s going on in teaching, research and community service.

You can keep doing that by volunteering, or even by becoming a member of our Board of Directors. If you prefer, you could join one of our committees, and help with events, communications, memberships, scholarships, community outreach, and more. You will feel great about what you are contributing to the university.

Another valuable advantage to becoming involved with this association is quickly making new friends! You’ll re-unite with old friends and colleagues, and form fast bonds with new retirees who, like you, have spent a good part of their lives serving the university.

It’s our 40th Anniversary! I encourage all of our members to join in and help us keep the UARA performing well. If you have any questions, please email me at trudyjuara@gmail.com, or call/text at (520) 982-7813. We hope to see you soon!
NAURA report-John Nauman, President, Northern Arizona University Retirees Assoc.
John gave us an overview of NAURA operations: $225 lifetime membership, three annual events/luncheons and three executive board meetings. This year they chose to do a picnic for one of their luncheons and it turned out really well.

“Overview of the Health Plan”-Paul Shannon, Benefits Director, Arizona Department of Administration
Paul started by defining the ADOA plan priorities; to attract and retain employees, to provide healthy workforce and to maintain commitments to retirees. Discussed the recently proposed mobility rule change - restricting retirees from transferring in and out of ADOA insurance plan at open enrollment time. ADOA has noticed that retirees will transfer into the plan if they need an expensive surgery and then transfer out the next year - leaving ADOA with lots of expenses and little revenue. The rule change request was withdrawn after a significant number negative comments from retirees. Paul stated that ADOA will not pursue this change in the future.

Paul also talked about the Health Insurance Trust Fund (not a true trust) and the fact that the state is self insured. Paul was questioned about the State taking money (one billion?) from the HTIF for the general fund. As part of the Governor’s Exec. Team. Paul didn’t have a problem with the Governor taking these funds. He said that ADOA is not in favor of ABOR leaving the system, stating that by law they must provide insurance. Lastly, Paul said we should attend a meeting this spring for provider contract talks. We should contact Paul to get involved with this process.

“Benefit Changes, Arizona Department of Administration”
Yvette Medina talked about passive open enrollment Deductibles and max out-of-pocket payments are up. She encouraged the group to use preventative care, chose a primary care physician and use the facility that can provide the appropriate level of care (don’t default to the emergency room.)

ASURA Report-Jan Thompson, President, Arizona State University Retirement Assoc.
Jan spoke about membership recruitment efforts, Board recruitment, ASU-supplied budget and office, Foundation accounts, travel opportunities, seminars and conferences, membership numbers and benefits., and their annual meeting.

“Pension update, Arizona State Retirement System”-Paul Matson, Executive Director, Arizona State Retirement System
Paul spoke about ASRS’s three strategic initiatives; to drive down insurance rates by being self insured, cyber security and investment management. ASRS believes that it can save $40M a year by self insuring RX costs for Medicare/non-Medicare retirees, dental and non-Medicare medical. Rep Livingston will be putting forth a bill clarifying what ASRS can do as far as self insurance. The goal is to have the self-insured model in place by 2021. Paul stated that ASRS will probably still use United Healthcare as their provider. Paul then gave us a rundown on the fund’s financial status (good) and actuarial acrobatics to keep it so.

“ASRS 2020 Open Enrollment Highlights”-Jenna Golab, Member Advocate, Arizona State Retirement System
Jenna spoke about open enrollment; no plan changes and Medicare eligible retirees will pay less this coming year. Materials were distributed.

“Retirement and More: How TIAA Supports You and Your Organization”-William Hurley, CEBS Senior Relationship Manager, TIAA
William spoke about the good health of the TIAA investment portfolios. He provided materials demonstrating profit percentages for low to high return plans from 2009-2018. William also offered to speak to our organizations.

“Legislative Update”-Sabrina Vazquez, Assistant Vice President, City of Phoenix and State Relations, UArizona
Sabrina is a UArizona Lobbyist. She stated that ABOR is required to give the Governor a budget in September of each year. In previous years ABOR has asked the state to fund 50% of resident student cost, but the State was reticent to agree to a percentage.

This year’s funding model is “Workforce Development”, with each university focusing on a college/initiative:

—UArizona will fund healthcare and space defense.
—ASU will fund Engineering workforce development.
—NAU will fund Allied Health/Health Services.

Other budgeted asks are for a Teacher Academy, financial aid funding and research dollars. The total ask is $165M. Also, Prop 301 monies (a sales tax funding research at the universities) becomes unprotected in 2021. ABOR will be working with legislators on a bill that will protect these monies for the universities.

Meeting notes did not report UARA activities.
**BIO5 AND PHARMACY TOURS WERE EXCEPTIONAL**
*by Jim Barrett, Activities Director*

Last October 29 and 30 we toured a small part of BIO5 and the Pharmacy Museum. The first day’s highlight was meeting with Dr. John Galgiani, the Director of the Valley Fever Center for Excellence. He invited us to see his lab and spent time with us talking about his research and grants and gave us time to ask questions.

BIO5 we toured the fabulous Pharmacy Museum, housing more than 100 years’ worth of unique items to show the evolution and history of the pharmacy profession. Many display cases held the original items! A self-guided tour is available for members who were not able to attend our tour.

The second day we met in a laboratory and learned about gene sequencing, and we were able to examine several types of cells in a 100 power microscope.

**THE FALL LUNCHEON PROGRAM**

A repeat visit to The Arizona Inn last October was enjoyed by 83 UARA members and friends. Door prizes, including the Arizona Room and tickets to the Dance Theatre, were obtained by Ms. Sherwood-Cooney and gleefully received. A short presentation by the Dance Theatre was also given.

The guest speaker was Mr. Paul Matson, Executive Director of Arizona State Retirement System. Mr. Matson expressed his enthusiasm to drive here from Phoenix to speak to our group. He explained retirement concepts, current issues, and an update of the ASRS. With a plan design that has equal contributions being made by members and employers, a professional investment plan and oversights, and a solid funding plan, the ASRS is able to offer sustainable pension, health insurance, and long term disability plans for the benefit of our members and retirees for the next 65 years— and well beyond.

There was a brief Q&A session, followed by photos taken with the speaker and some UARA members, pictured above.

**GIVING A TAX-DEDUCTIBLE DONATION TO UARA PROGRAM ENDOWMENT OR SCHOLARSHIP FUND**

https://give.uafoundation.org/NetCommunity/arizona-now/giving-search

**Designation Description:** UARA/T.R. Rehm Grad Scholarship, UARA/Van Ort UARA Scholarship Endowment, UARA/Program Endowment, or UARA/Outreach and Strategic Communications

**Designation Description:** YALL UARA/Irving Yall Memorial Scholarship

UArizona students and the UARA greatly appreciate your generosity! Thank You!

**TRAVEL.** For complete listings of exceptional travel opportunities through the Alumni Association, see arizonaalumni.com/travel

**ARE YOU CARING FOR A LOVED ONE WITH ALZHEIMER’S OR DEMENITA?** The UArizona needs your help in a research project that may improve the well-being of family caretakers. The study is entirely on-line, no lab visits are necessary. Monetary compensation will be provided. For participation, visit website https://sites.google.com/view/caregiverstudy/home, or contact Jiah Yoo

Phone: 520-626-5383
E-mail jiahyoo@email.arizona.edu

**REPOST—WE’RE GOING GREEN!!**

Starting this fall, you will receive newsletters electronically. To ensure your e-mail address is current, please provide your preferred e-mail address by contacting Trudy Jacobson at email trudyjuara@gmail.com, or (520) 982-7813 (call or text). For those without access to a computer, please contact the office at 626-6936, and we will arrange to mail you a paper copy.
Dusenberry Healthy Aging Center, 600 S. Country Club Rd. The PCOA is a great resource, and their newsletter, Never Too Late, is a wealth of information. Visit www.pcoa.org/never-too-late-email-signup/ to sign up. Note: Healthy Living classes are ongoing and include fitness, balance, motivation, managing type 2 diabetes and chronic pain, see www.pcoa.org/ways-we-help/healthy-living-classes.html/ or call the PCOA Health Promotion Department at (520) 305-3410.

January 8, 2020
DoubleTree by Hilton Tucson—Reid Park
9:00AM-1:00PM
This is the premier event for the “Over 50” crowd to meet new friends, network with peers and build new relationships. There will also be raffle prize giveaways, live entertainment and a $100 cash prize each hour. Don’t miss this great opportunity!

WHAT YOU NEED TO KNOW IN RETIREMENT AND MORE!!

Kenney Hegland has been active in his quest to help seniors. He is writing a book, The Book of Concerns, that covers just about every issue you will face, from being called “dear” at restaurants and overcoming retirement angst to raising grandchildren, avoiding scams, estate planning, remarriage and, yes, sex. He has previously produced a series of videos on these topics at heglanlaw.com.

He is also working on a video for families considering hospice or having a loved one in hospice. He has just finished a novel with his wife, Barbara Sattler, Perez and O’Grady, Lawyers. He is leading a weekly legal discussion group at The Fountains and would be happy to discuss other venues. It is described at doinglaw.org. He can be contacted at hegland@law.arizona.edu.

INSIDE MY PLAN—RETIRED PROFESSOR’S LIFESTYLE INSPIRES OTHERS (Reprinted from Anthem.com)

After about a year of regular SilverSneakers® workouts, Pam Cherry (also a UARA member), 75, of Sahuarita, finds herself in a terrific position. Her gym peers and instructors, family and friends nominated her for the annual SilverSneakers Swanson Award.

The award honors a SilverSneakers member whose healthy lifestyle and physical activity inspire and motivate others.

"Truthfully, in one word, overwhelming," Pam says, about the nomination. "It was just such an honor to be nominated by the gym people and my SilverSneakers classmates. Every time I read one of their letters, I cried a little bit more. It's been an exciting time and an awesome experience."

Before retiring, Pam was a nurse and a professor of nursing at the University of Arizona. She knew the benefits of exercise, but long work days got in the way of making fitness a priority. "I didn't exercise. I was getting heavier and I had an injury just before I retired. I was just a mess," she recalls. Adjusting to retirement and recovering from surgery also took a toll on Pam's mental health. "I knew what I had to do," she adds. "It was just a matter of doing it."

Pam started using her SilverSneakers benefit on a regular basis in 2018 and hasn't looked back. She's at the gym five days a week to ride the recumbent bike, work with her trainer and attend SilverSneakers classes. She takes ten SilverSneakers classes every week! "My favorite program is Stability and Balance. That has helped me the most. But I like them all," Pam notes.

Pam appreciates the instructors' attention to safety and a supporting and encouraging environment. "When you make mistakes, nobody ever says anything," she adds. "We just laugh and say, 'Well, you'll get better next time.' Our instructors are really careful that our form is correct. They'll stop the class and say, 'All right, everybody, look at us.'"

Pam's instructors and peers call her Ambassador Pam because she is a vocal advocate for SilverSneakers. Pam's dedication has paid off. Since joining SilverSneakers, she feels better and is more mobile and balanced. She is leaner and more toned. The physical benefits are great, but it's her "SilverSneakers family" that really motivates her. "I love the camaraderie," she admits. "We know everyone else's business and there's chatter going on. We worry about each other when someone is not there. I will often follow up with them to see if they're OK. Hats off to Ambassador Pam on her Swanson Award nomination – she's clearly earned it! Want to start your SilverSneakers journey? Visit SilverSneakers.com/StartHere."
UARA 40TH ANNIVERSARY WINTER PROGRAM LUNCHEON
THURSDAY, JANUARY 23, 2020
Noon-2:00pm ~ Doors open at 11:30am

Lodge at Ventana Canyon, Catalina Dining Room
6200 N. Clubhouse Lane (85750)

FEATURED SPEAKER: DR. CLIVE D. L. WYNNE
Professor and Director of Psychology, Canine Science Collaboratory at ASU

---

You may register on-line at: https://arizonaalumni.com/event/tucson-uara-winter-luncheon, or cut on the dotted line and mail your check and form below to:
Rhonda Rugg c/o UARA, UArizona Retirees Association, P.O. Box 210109, Tucson, AZ 85721.
Please make your check payable to UARA.
Reservation deadline Jan. 19, 2020. Cost: $33 per person. This is a non-tax-deductible event.
Questions or last-minute RSVP, call 887-0033.

We will collect canned food items at the venue for the UARIZONA CAMPUS PANTRY. See items needed most at campuspantry.arizona.edu. Also accepting cash donations, or checks made payable to University of Arizona Foundation with memo to UArizona Campus Pantry.

Directions: Follow E Speedway Blvd, north on Craycroft, East on Sunrise, North on Kolb, East on Ventana Canyon Drive, North on Club House Lane to destination.

---

MAIL-IN RSVP FOR UARA 40TH ANNIVERSARY WINTER PROGRAM LUNCHEON

Please return this portion and print name as you would like it on your nametag.

Retiree/Surviving Spouse ____________________________ Telephone______________
Former Department ____________________________ Email__________________________

Choose Entrée

(1) Orange Roughy
Filets of Orange Roughy breaded in herbs, spices, crushed pistachios, oven browned with a lemon grass emulsion, served with rice pilaf and seasonal vegetables

(2) Beef Stroganoff
Tender beef strips with sautéed mushrooms, onions, garlic, herbs, over egg noodles, served with herb roasted potatoes and fresh vegetable medley

(3) Pasta Primavera
Bowtie Pasta, Seasonal Squash, Broccoli, Cauliflower, Red Peppers with a Butter Garlic Sauce

Lunch service includes: ~Dinner Rolls and Butter ~Coffee, Iced Tea and Lemonade

Enclosed is a check for $________made payable to UARA ($33 per person).
Mail to: Rhonda Rugg c/o UARA, UArizona Retirees Association, P.O. Box 210109, Tucson, AZ 85721.
Please mail prior to Monday, January 19, 2020. We look forward to seeing you!!

---
COMMITTEE VOLUNTEERS

**Activities**
Susan Anderson*
Jim Barrett* (Chair)

**Bylaws**
David Earnest*
Alison Hughes (Chair), Bob Perrill

**Communication**
Jane Dugas (Webmaster)
Mike Krebbs, Bob Perrill

**Legislation**
Alison Hughes

**Luncheons**
Jane Dugas, Denise Shorbe

**Newsletter**
Jane Dugas, Editor
Trudy Jacobson, Contributing Editor

**Finance**
David Earnest* (Chair)
Gail Hanson* (Treasurer)

**Scholarship**
Betty Atwater, Alison Hughes
Dusty Johnson, Thomas Rehm

UA AFFILIATION

**Sponsorship/Donations**
David Earnest*

**UA Alumni Assoc.**
Denise Shorbe

**APAC**
Susanna Eden

**Classified Staff Council**
Mitchell Lewis

**UA Human Resources**
Mike Krebbs

* Member, Board of Directors