We are pleased to announce the launch of our brand new, UA-branded website! Please take a moment to check us out at: UARA.ARIZONA.EDU.

Thank you to those who have completed our on-line Member Survey.

**UARA Seminar Series Presents**

**“TROUBLE TALKING”**
The Realities of Communication, Language, and Speech Disorders

by

Daniel R. Boone, Ph.D.
UA Professor Emeritus
Speech, Language and Hearing Sciences, University of Arizona

**UPCOMING EVENTS**

- Oct 3  Seminar by Daniel Boone, Ph.D.
- Oct 9  Board of Directors Meeting
- Oct 18  Fall Luncheon Oro Valley CC
- Oct 21-27  UA Homecoming
- Oct 30  Sonoran Desert Tour #1
- Nov 13  Board of Directors Meeting
- Nov 14  OSIRIS-REx Tour
- Nov 27  Sonoran Desert Tour #2

**WEDNESDAY, OCTOBER 3, 2018, 10:00-11:00 A.M.**

**SWEDE JOHNSON BUILDING ROOM 205**

Please RSVP to Jane Dugas (520) 887.0033, or jdugas@email.arizona.edu

**Free parking**

**light refreshments**

This seminar is co-sponsored with the UA Alumni Association

**MARK YOUR CALENDARS—ACTIVITIES**

- Tuesday, October 30th, 9:00 a.m. (Already Full)
- Tuesday, November 27, 10:00 a.m.  (Please RSVP)
  Let’s Tour the Sonoran Desert, Saguaro National Park West
  AND
  Wednesday, November 14th, 9:00 a.m. to Noon
  Out of This World Tour, OSIRIS-REx Mission Command Center
  - See page 4 for more detail -

**BOARD OF DIRECTORS MEETING**

Tuesday, October 9, 10:00 a.m. to 12:00 p.m.
Swede Johnson Building, Room 303
1111 N. Cherry Avenue
ALL Members Welcome!

We are pleased to announce the launch of our brand new, UA-branded website! Please take a moment to check us out at: UARA.ARIZONA.EDU.

Thank you to those who have completed our on-line Member Survey.
President’s Message
by Dotty Sherwood-Cooney, UARA President 2018-2019

It’s already been a “wild ride” during my first 60 days in office, and it’s been a great one. I am truly excited about our new relationship with the Alumni Association and the support of Melinda Burke, VP Alumni, and President of the Alumni Association, and her wonderful team of professionals who had stepped right in before I had officially taken office. We’re so fortunate to have them as our affiliate.

My predecessors have all made such wonderful contributions to the UARA and each comes with numerous goals for the betterment of our association. The talent and time of every one of our Board members is what makes this association so wonderful.

My goals this year are simple but with our awesome Board and Committee members I know we’ll be able to accomplish great achievements. Visibility of the association is vital for growth, and establishing new relationships on and off campus is a positive endeavor. During the summer I had the opportunity to visit with some of our College Deans to promote and update the UARA. Defining and improving our advocacy efforts and membership recruitment are off to a great start.

We have a great Finance Committee in place. By year-end we hope to launch a user-friendly, on-line payment method for membership dues and special events. Please know that this will NOT replace ANY current mailings.

Lastly, I would like to highlight the scholarships and program endowment (page 3 of this newsletter) through The UA Foundation. We hope you will continue to support these wonderful endeavors.

We always welcome new members and hope you will join our retiree family. Thank you all for the wonderful support I’ve received. I look forward to getting to know each of you.

Welcome, and Thank You!

We would like to extend a warm welcome to our new board members: Susan Anderson, Robert Casler, David Earnest, A. Jay Gandolfi, Gail Hanson, Kenney Hegland, and Dotty Sherwood-Cooney. We would also like to thank former board members, Cassie Unda Ciotti, Liz Gradillas and Trudy Jacobson for their time and service, and wish them well as they embark on the next chapter in their lives.

UA Alumni Association Announces Membership Changes

A new membership program will recognize all UA graduates as members of the UAAA, expanding a global network of UA alumni to more than 290,000 members. Meanwhile, alumni and supporters who make a gift through membership will become sustaining members of the UAAA, receiving additional membership access and benefits. The purchase of a sustaining membership will also count as a tax-deductible gift. “By making membership a gift, we’ll also be able to enhance support of UA students, projects and priorities, fostering more Wildcat-to-Wildcat connections and creating a culture of giving in the process. It’s through our alumni’s membership and support that we will ensure the UA Alumni Association will continue to advance the university by connecting and engaging “Wildcats for Life” said Melinda Burke, president of the Alumni Association.

104th Homecoming Celebration, October 21-27
Be a Part of the Big Day!!
Saturday, October 27
Tents on the Mall will open five hours before kickoff of the Homecoming Football match played between the UA Wildcats and the Oregon Ducks at Arizona Stadium. For a full list of activities, visit arizonaalumni.com/homecoming

Partners and Sponsors

Habitat for Humanity generously provided two years of free meeting space for monthly Board meetings, and availability for future meetings as needed. The UARA hosts a Habitat workday each year.

Habitat for Humanity

A Human Resources representative has attended meetings and worked closely with the UARA to help new retirees for many years. HR has helped to increase our visibility with retired and working employees.

A Human Resources

In 2018 UARA collaborated with the UA Alumni Association (UAAA). This affiliation has proven to be mutually beneficial to both organizations. A new UARA brochure has also been designed.

ALUMNI ASSOCIATION

In 2018 UARA collaborated with the UA Alumni Association (UAAA). This affiliation has proven to be mutually beneficial to both organizations. A new UARA brochure has also been designed.
Report from the UARA Scholarship Committee
by Betty Atwater, Scholarship Committee Chair

During the month of June 2018, the UARA Scholarship Committee reviewed a number of applications submitted for the three UARA scholarships to be awarded for the 2018-2019 academic year. Members of this committee are: Dusty Johnson, Tom Rehm, Judy Doan, and Betty Atwater (chair). The results of the committee’s review and evaluation of applicants are presented here. We were impressed with so many of the applicants and wish there were funds available to make additional scholarship awards. The five students who were selected to receive these scholarships have written thank-you letters to express their sincere gratitude to the UARA members for their generosity.

IRVING YALL BOOK SCHOLARSHIP (for a UA freshman or sophomore student who has financial need), 265 applications were submitted to the UA OSFA (Office of Scholarships and Financial Aid). Ten of these applications were sent to our committee for review. Funds were available to present awards to two applicants:

Abigail Williams received $800. Abigail is a sophomore majoring in criminal justice and religious studies. Her goal is to be in the FBI or to become a police officer. When she’s not studying or working she enjoys just relaxing in the library.

Milagros Jaramillo received $800. Milagros is a sophomore business administration major and plans to minor in French. She hopes to become an entrepreneur and to help advance education for those who need it.

SUZANNE VAN ORT UNDERGRADUATE SCHOLARSHIP (for a UA junior or senior enrolled full-time in a health-related major at the UA), 35 students submitted applications to the OSFA and the top ten applications were forwarded to our committee for review. Funds were available to make one scholarship award:

Priscila Ruedas received $1,000. Priscila is a senior majoring in public health and plans to move back to her home town of Yuma after graduation to work as a community health ‘promotora’. She also has the aspiration of eventually becoming an occupational therapist.

T.R. REHM GRADUATE SCHOLARSHIP (for a UA graduate student pursuing studies related to aging issues), 29 applications were submitted to the OSFA and eight were forwarded to our committee for review. Funds were available to present awards to two applicants:

Shawna Follis received $1,000. Shawna is a Ph.D. candidate in the Department of Epidemiology and Biostatistics. She plans to pursue a professorship in aging research, focusing on public health disparities in under-represented communities.

Emily Van Etten received $1,000. Emily is pursuing a Ph.D. in clinical neuropsychology and working with aging populations. She seeks to better understand the effects of health factors on brain structures and cognition in healthy older adults.

THANK YOU to all who have contributed to one or more of UARA’s three SCHOLARSHIP FUNDS. More details can be found at www.uafoundation.org/ or by visiting the UARA website at uara.arizona.edu/scholarships (listed under OPERATIONS).

The UARA Program Endowment was established by UARA in 2016 in collaboration with the UA Foundation and the UA Office of Government and Community Relations. Annual payouts from the Endowment provide financial support for programs to engage and serve UARA retirees. Donations are tax-deductible. To contribute, please visit the UARA website at uara.arizona.edu and select “Endowment” (listed under OPERATIONS); or call UARA’s office at 626-6936; or email uara@arizona.edu.

Invite Your Retired, or Soon-to-be Retired, Friends to Join UARA!! Simply inform them to visit the website at uara.arizona.edu, and select the MEMBERSHIP pull-down menu, and choose “Join, or Rejoin” Or, contact the office at 626-6936. FEES: One year $20.00; Five years $80.00; Active employees $10.00/year, within two years of retirement.

The UA Retiree News is published three times a year: winter, spring and fall, and mailed or sent electronically to paid UARA members. We’d like to share YOUR NEWS (new grandchild, trips, special talents, events, etc.) with our members! Contact the editor at jdugas@email.arizona.edu, or 520-887-0033.
New UARA Seminar Series
UARA is pleased to announce a seminar by Daniel R. Boone, Ph.D. UA Professor Emeritus of Speech, Language and Hearing Sciences, on Wednesday, October 3rd, 10:00-11:00 a.m. at Swede Johnson, Room 205. His seminar is entitled “TROUBLE TALKING” The Realities of Communication, Language, and Speech Disorders. This seminar is co-sponsored with UAAS.

About the speaker: Dr. Boone was the creator of the UA vocal coaching program and the writer of Is Your Voice Telling on You? How to Find and Use Your Natural Voice, Third Ed. During his career as a speech-language pathologist (SLP), he is world-renowned for conducting many lecture and workshop presentations offering tips on everything from vocal projection to vocal hygiene. As a SLP-CCC (Certificate of Clinical Competence) retiree, he has worked with professionals (teachers, politicians, broadcasters) to improve their ability to communicate and make a memorable impression on their audience. He has also worked with children, adults, and veterans with brain damage, aphasia, cerebral palsy and many other severe voice disorders.

Please RSVP to Jane Dugas at 520-887-0033, or jdugas@email.arizona.edu. Since this is our first seminar at this location, we'd like to be able to estimate the number of attendees. Light refreshments will be provided.

Oro Valley Country Club Fall Luncheon
The Oro Valley Country Club, is the new venue for the UARA’s fall luncheon on Thursday, October 18, at Noon. NOTE: MENU NOW ACCOMMODATES GLUTEN-FREE DIETS TOO! Guest Speaker, Mark Bahti, owner, Bahti Indian Arts, will talk about “From the Beginning: The People of the Southwest.” Learn about the geology of the southwest and consider its effect on the various cultures who settled in this region. Find out how those groups changed and evolved, looking specifically at the Hohokam, Mogollon, Mimbres and Anasazi. We will look at their descendants—the Hopi, Tohono O’odham, Apache, Navajo and Rio Grande Pueblos—and learn the ways their cultures reflected the land and were affected by the land. Our discussion will include the advent of the Europeans and their reaction and interaction with the land and people they encountered. SEE RSVP FORM ON PAGE 11.

Let’s Explore the Sonoran Desert — Saguaro National Park West … November 27 (Note: the Oct. 30 tour is already full; an additional tour has been added)
Join Bob Perrill, a UARA member and naturalist, to uncover secrets of the Sonoran Desert. Desert adaptations of plants and animals, survival, insects and spiders, reptiles, birds and mammals: nothing is off limits on this discovery trek through the desert. We will cover a mile of open desert in about two hours. Questions are always welcome!

We will meet at the Saguaro National Park West Visitor Center, 2700 N. Kinney Road, at 10:00 a.m. on Tuesday, Nov. 27. To enjoy the Visitor Center and the rest of the park, bring your park pass or pick one up at the desk.

Please wear closed-toed shoes, a hat, and bring water for this moderate walk. Limit of ten. Additional walks will be added if desired. The walk is free but please make reservations to Susan Anderson, Tel. 520-891-7677, or email to sjas@email.arizona.edu. An additional “wheelchair accessible” tour is possible with special arrangements.

About Bob: Assistant Curator of Plants at the Arizona-Sonora Desert Museum for 15 years. Independent field biologist for ten years throughout the southwest US. UA retiree since 2010. Well-traveled across Sonora and Baja California, Mexico, and the gulf islands in the Gulf of California. Saguaro National Park West volunteer naturalist for over six years.

Out of This World OSIRIS-REx Tour, Nov. 14 by Jim Barrett, Activities Director
We will tour the OSIRIS-REx Asteroid Sample Return Mission Communication Center. For excellent information, visit web page: osirisrex.lpl.arizona.edu.

The tour will be at the Drake Building (corner 6th Ave. and Drachman) from 9:00 a.m. to Noon on Wednesday, November 14. Please arrive by 8:45 a.m. for registration, and bring a government ID. Parking is available in the visitors lot and along the street on the west side of the building.

The tour has a limit of 20 people and we will need to provide them with the names by Friday, November 2. If we have more than 20 people we will try to reschedule another tour on a different day. To RSVP please call Kathi Hart at 520-626-6936 or 520-909.5033, or email to the office at uara@arizona.edu.
**Summer Luncheon, Westward Look Resort**

The Westward Look Wyndham Resort was the new venue for the summer luncheon this past July 12. Tasty three-course menu selections were prepared for 62 guests. Guest speaker, **Heather Enos**, Deputy PI at the UA Lunar and Planetary Lab, captivated the audience with her discussion about the OSIRIS-REx sample return mission to the asteroid, Bennu. The spacecraft is expected to get close to the asteroid in November, and will return to Earth in 2023. See ACTIVITIES for tour information of the Command Center on November 14.

**CERTIFICATES OF APPRECIATION** were presented by Alison Hughes, past-president, to these outstanding volunteers for their dedicated service to the UARA:

- **Roger Caldwell** spent 15+ years behind the scenes with the UARA. He was twice chair of the bylaws revision, served on the Nomination Committee, was chair of the Communications Committee where he revised the newsletter (2012) and reformatted and expanded the website. He wrote the 35-year history of the UARA, was instrumental in the structural change to a 15-member Board of Directors (BOD), and wrote the Board Manual which serves as operating guidelines for the organization.

- **Rose Perrill** spent her entire ten years with the UARA on the Executive Committee. She was president for two years, secretary for six years and treasurer for one year. She also served on the Nomination and Editorial Committees.

- **Bob Perrill** spent six years on the Executive Committee. He was president for one year (2016-2017) and past president (2017-2018). Along with Roger, he worked on the transition to a 15-member BOD, chaired the Nomination Committee, served on the Editorial Committee and helped with activities.

**UARA luncheons provide an opportunity to visit with former colleagues and meet new friends!**

**Spring Luncheon, Radisson Suites**

Fifty UARA members and guests enjoyed an exquisite spring luncheon at the Radisson Suites this past April. This was also a new venue for our lunch program. The tasty cuisine, hospitable service, amenities and ambience were beyond our expectations!

Guest speaker Jeff Goldberg, Acting Senior VP for Academic Affairs, and Provost, enlightened the audience with a riveting and humorous talk on many aspects of the new UA Strategic Plan, which will serve as the “roadmap” of the future of the UA. Included in this plan, he said, are smaller classes, better student-to-instructor ratio, more use of technology (on-line classes and degrees), and better relationships with the local and national media. It also includes topics such as diversity, sustainability, globalization, health, art and student engagement. UA President, Robert Robbins, says the plan “will define our strategic pillars and goals in an approach designed to energize and focus the entire UA community.” (continued next page...)
Spring Luncheon, Radisson Suites, continued...

Following a dessert of simply irresistible key lime pie, Alison Hughes, then President, presented CERTIFICATES OF APPRECIATION to these three UARA past presidents for their generous and selfless service that included many hours of volunteer work:

Janice Murphy worked with the UARA for 15 years, and served as president for two years (2002-2003, 2006-2007). Jan was an active Executive Committee and Advisory Council member the entire time. She was also Newsletter editor for ten years!

George Evanoff has been with the UARA 11 years. During his ten years in the leadership role he served three years as president (2009-2012). George helped formalize the role of the Advisory Council through changes in the bylaws, expanded membership, and chaired the Education Committee. He worked with Roger Caldwell and Bob Perrill on the transition to a 15-member Board of Directors.

Suzanne Van Ort. A member for 12 years, Suzanne has been in the leadership roll for ten years, and was president for three years (2007-2009, 2012-2013). Suzanne started the Activity Committee and served on the Program, Scholarship, and Nominating committees. She funded the Van Ort Scholarship and was the driving force in raising funds for the new UARA Program Endowment.

Photos courtesy of Alison Hughes

More About Activities & Events

2018-2019 Board of Directors Meeting Dates
All Members Welcome
Swede Johnson Alumni Building, Room 303
Tuesdays, 10:00 a.m. -- noon
October 9
November 13 (Room 202)
January 8, February 12, March 12, April 16

Winter Luncheon
DoubleTree by Hilton Hotel Tucson-Reid Park
Thursday, January 24, 2019
Guest speakers: Morgen L. Hartford, MSW, Southern Arizona Regional Director, Alzheimer’s Assoc, and Roberta Diaz-Brinton, PhD, Director UA Center for Innovation in Brain Science UA Health Sciences.
More details in the winter Newsletter.

UA CAMPBELL AVENUE FARM TOUR
Last May, a group of hardcore gardeners visited a part of the UA Farm on Campbell Avenue, touring the Tucson Village Farm and the Pima County Cooperative Extension. If you are a gardener or even a “wanna-be,” this is the place for you to get the most accurate information on regional plants! A highlight was meeting Norman, a three-month-old bull.

U Pick Tuesdays — 5:00 to 7:00 p.m.
Visit the Farm and Harvest Your Own!
The Tucson Village Farm is a working urban farm built by and for the youth of Tucson. A program of the Pima County Cooperative Extension and the UA, the farm is a seed-to-table endeavor designed to reconnect young people to a healthy food system, teach them how to grow and prepare fresh food, and empower them to make healthy life choices. Visit their website at tucsonvillagefarm.arizona.edu/
STAYING (TOO) BUSY IN RETIREMENT
by Bill Ganoe, UA Retiree and UARA member

I received an electrical engineering degree from the UA and spent my working life dealing with the latest computer technology. Then retirement happened. But I wasn't ready to sit back and watch the world go by.

I have long been interested in tools and machines and in history in general. One image that stood out in my mind was that of the village blacksmith. While blacksmithing was an important part of our history for millennia, I thought that, sadly, it was fading away as manufacturing technology advanced. But a few years ago, I discovered that the art of the blacksmith is being revived - in part through the growing interest in living history as museums offer dynamic recreations of life from the past. And a growing number of blacksmiths are using metal as an artistic medium. I got involved in this revival by assuming the role of a Spanish colonial blacksmith.

In the late 18th Century, Spain built and maintained a presidio (fort), the Presidio San Agustin del Tucson, near what is now downtown Tucson. The Presidio fell into disrepair and faded into history as the 19th Century progressed, but the late 20th Century saw a growing interest in the Presidio. As the 21st Century dawned, a portion of the Presidio was reconstructed on the foundations of the original fort near the corner of Franklin and Alameda in Tucson.

Shortly after the reconstructed Presidio opened, I paid a visit, and commented that the blacksmith shop seemed to be missing. (Of course, to mention a problem is to volunteer to solve it.) Several days later I hauled my portable 20th Century forge to the Presidio and started making hand-forged nails. Since then, some friends and I have created a shop that we believe accurately represents blacksmithing in a Spanish colonial fort on the northern frontier of New Spain at the end of the 18th Century.

UARA MEMBERS PARTICIPATE IN RESEARCH STUDY
by Jenny Hoit, PhD, CCC-SLP, Professor, Speech, Language, and Hearing Sciences
Bob Lansing, PhD, Professor Emeritus, Psychology
Valerie Brown and Hallie Nitido, Students, Speech, Language, and Hearing Sciences

When most of us think of discomfort, we think of pain. But studies have shown that there is something even worse than pain, and that is shortness of breath. The technical term for this is dyspnea and it, like pain, comes in many forms. It can be experienced as “air hunger,” “breathing work,” “mental effort to breathe,” and “lung constriction.” All of us have experienced dyspnea when exercising or at high elevations, but there are those who must live with dyspnea each and every day.

Our research has shown that people who are chronically dyspneic tend to speak less, avoid social situations, and generally withdraw from activities they once enjoyed. We are currently working to identify strategies for making speaking more comfortable for people with dyspnea caused by pulmonary disease (such as COPD) and neurological conditions (such as ALS and Parkinson’s disease).

We have learned that, for people with dyspnea, certain ways of speaking make breathing more comfortable than others. For example, speaking more softly, in shorter sentences, and for shorter periods are more comfortable than speaking loudly, in longer sentences, and for longer periods. These findings are helping us come up with therapy approaches that can be used by speech-language pathologists in their management of clients with chronic dyspnea.

UARA members assisted us with our research by providing “healthy control” data against which we can compare our data from people with dyspnea-causing conditions.

If you would like to participate in our research, contact Jenny Hoit hoit@email.arizona.edu, or call 520-661-0758.
TROUBLE TALKING — The Realities of Communication, Language, and Speech Disorders
by Daniel R. Boone, UA Professor Emeritus in the Department of Speech, Language, and Hearing Sciences and UARA member

The ability to speak is an important part of human interaction. In this book, a glimpse into the lived realities of 37 adults and 3 children with communication disorders whose humanism is somewhat compromised by their speech, language, or voice disorders is offered in humorous and heartbreaking detail. The patient’s struggle to communicate is often matched by their listeners, who are struggling to understand. Stories are presented of patients treated in medical settings for such problems as aphasia, dementia, Parkinson’s disease (PD), amyotrophic lateral sclerosis (ALS) and other CNS diseases, apraxia, and head trauma. Other stories look at people who were treated in university clinics for such disorders as cerebral palsy and stuttering. The last few stories look at speech/voice treatment for a transgender woman, the loss of voice in a young man in a state penitentiary, and finally a humorous story of a pilot with left hemiplegia who is flying the author.

Seasoned specialist Daniel Boone does not offer therapy suggestions for either the SLP or the patient’s family or friends to try. Rather, for anyone with a communication disorder, he strongly recommends that such patients should seek the guidance and therapy of an ASHA-certified speech-language pathologist (SLP). The SLP determines what to do in therapy and practice.

The stories illustrate the struggles of those who cannot always make their listeners understand. They may only be able to repeat the same phrase over and over. They may not be able to articulate words clearly enough to be understood. They may give bizarre, confusing answers to everyday questions. Taken together, they also illustrate the difficulties listeners, those who wish to understand, have in trying to make heads or tails of the intended communication.

Ultimately, this work provides a sensitive look at the various disorders people have, their attempts to overcome them, the treatments that might be available, and the actions listeners can take in making communication easier and more productive.

THE ELEPHANT — Aging Issues
by Kenney Hegland, James E. Rogers Professor Emeritus of Law, and UARA member

I taught Elder Law and realized seniors needed to know this stuff more than law students (it’s not on the bar). The most important thing is a candid conversation with your family about the elephant in the room: aging. Worth a bundle of legal documents, it’ll save your family heartbreak.

One topic is end-of-life. While living wills are dandy, health care powers of attorney are handy. (Sorry). Your health care advocate can go to the hospital and assure you get the kind of care you wish. Name someone younger – alas, your spouse won’t be in any better shape than you are. I’ll suggest additional topics to discuss in the book and website below. Don’t overlook giving relatives your passwords, hopefully not MickeyMinnyGoofyPhoenix (three characters and a capital).

I’ve produced short videos on things that go bump in the night....lawforseniors.org/resources/legal-videos

They’re free (unfortunately) and cover: Talking Elephant, Retirement Angst—Volunteering, Living Wills, Healthcare Powers, Estate Planning, Avoiding Probate, Wills, Reverse Mortgages, Preparing for Mental Incompetence, Mental Competence, Alzheimer’s, Home Care, Nursing Homes, Driving, Elder Abuse, Identity Theft, Remarriage, Raising Grandchildren, Hospice, Death in the Family, Finding an Elder Law Lawyer

My short book with Robert Fleming, who many of you know, covers much of the same ground. A Short and Happy Guide to Elder Law. It’s cheap but unfortunately we split.

But come on, we’ve spent our careers learning stuff, time to do stuff. With your friends discuss, debate, resolve tough legal problems dealing with date rape, domestic violence, DUI, teen pregnancy, drugs, and free speech. Along the way you’ll be judges, jurors, legislators, and (everyone’s favorite) lawyers. The site: Doinglaw.org. It’s free, proving what you all know, they overpay law professors.

Finally if you’re interested in legal education and lawyering, I have a short, funny, yet insightful, novel, Law School Chronicles.
Dear Retired State Employee:

As we are preparing our benefit offerings for the 2019 plan year, we continue to seek ways to offer a benefit package that remains among the most competitive and attractive in both the private and public sectors. As medical costs continue to rise nationwide, we are offering this information so you can plan ahead.

**Changes for 2019—Rates.**
For the Exclusive Provider Organization (EPO) and Preferred Provider Organization (PPO) plans, rates will rise by 3%, effective January 1, 2019.

**New EPO Deductible.**
The new EPO medical plan will have a deductible of $100 for individuals and $200 for families. This means you will have to pay $100 or $200 in qualified out-of-pocket expenses before the plan begins to pay.

**Staying the Same.**
All other health plan coverage and carriers will remain the same for 2019.

**Why are the changes necessary?**
The State is self-insured, which means that employees, retirees and the State pay into the plan to cover the claims. As medical costs increase year over year, we must ask our employees and retirees to share more of the costs to meet our plan expenses.

**Next Steps—**
End of September: Benefits Enrollment Packet for 2019 will be mailed to your address on file to help you determine what plan is best for your family.

October/November: Benefit Expos will be held at locations throughout the state. Speak to our representatives and get answers to your benefit questions. You will find dates and times in your enrollment packet and on benefitoptions.az.gov. You are welcome to attend one of these events, or come to our new expo for retired state employees only, as listed below.

October 9: Benefits Expo for Retired State Employees 10 a.m.—2 p.m. Arizona Dept. of Administration, 100 N. 15th Ave Phoenix, AZ 85007

October 22-November 9: Open Enrollment for 2019 To keep your current benefits, no action is needed. Your current plan elections will continue at the new premium rates starting January 1, 2019.

To change your benefits, visit yes.az.gov and make new elections for coverage.

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**CAPTRUST INVESTMENTS**
*by Staci Wilson, Director, Research and Analysis and Benefits Administration, Division of Human Resources, The University of Arizona*

**Retirement Plan Investment Options**
As part of the University of Arizona’s commitment to offer you the best possible opportunities for your retirement, a year-long review process of the Optional Retirement Plan (ORP) and Voluntary 403(b) Plan was recently completed. UA Division of Human Resources and faculty representatives performed this review in partnership with Arizona State University, Northern Arizona University, the Arizona Board of Regents, and financial advisors at CAPTRUST. As a result, the plans now offer new investment options with reduced expenses, better consistency and more opportunities to diversify. These new investment options became available in March, 2018.

Letters detailing changes made to the fund lineups were mailed to current and past ORP and 403(b) Plan participants earlier this year. The letters can be found on the Division of Human Resources website at https://hr.arizona.edu/employees-affiliates/benefits/orp403b-changes-spring-2018.

No action is required on your part, however, now may be a good time to review your ORP or 403(b) Plan account if you have not already done so. If you would like to schedule a time to meet with a representative from TIAA or Fidelity Investments, and review your account, learn how by visiting the UA Division of Human Resources website at https://hr.arizona.edu/employees-affiliates/benefits/orp403b-changes-spring-2018.

**The Pima Council on Aging**
Senior Medicare Patrol can help you to report fraud, request help filing an appeal or complaint, and answer questions. Call 520-546-2011. For more important information including resources, services, classes, support, helpline, donations/tax credits, and events, check out their website at www.pcoa.org/

If you are interested in sharing your thoughts or concerns, find out how to contact your Representative or Senators by visiting: https://www.house.gov/ for the House or https://www.senate.gov/ for the Senate.

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**A variety of discounts available with UA CATCARD can be found here:**
https://hr.arizona.edu/employees-affiliates/benefits/employee-discounts
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<td>$6,899</td>
<td>Regatta</td>
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<tr>
<td>Feb 7-18</td>
<td>Wonders of Peru</td>
<td>AHI</td>
<td>12</td>
<td>$5,995</td>
<td>River</td>
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<tr>
<td>Mar 3-11</td>
<td>Cuba: Art, Culture &amp; People</td>
<td>AHI</td>
<td>9</td>
<td>$4,995</td>
<td>Land</td>
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<tr>
<td>Mar 15-23</td>
<td>Preserving Paradise: Parks &amp; Reserves Costa Rica</td>
<td>ORB</td>
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<td>$3,150</td>
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<tr>
<td>Apr 1-17</td>
<td>Panama to Paradise</td>
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<td>Apr 3-10</td>
<td>The Galapagos Islands</td>
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<td>Isabella II</td>
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<td>Apr 5-19</td>
<td>Atlantic Encounters - NY to London</td>
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<tr>
<td>Apr 7-15</td>
<td>Southern Grandeur</td>
<td>AHI</td>
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<tr>
<td>Apr 10-19</td>
<td>East meets West: The Link up on the Elbe</td>
<td>WWII</td>
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<td>$5,595</td>
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<tr>
<td>Apr 15-May 6</td>
<td>Exploring Australia &amp; New Zealand</td>
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<td>17</td>
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<tr>
<td>Apr 18-26</td>
<td>River Life along the Waterways of Holland</td>
<td>GH</td>
<td>9</td>
<td>$2,995</td>
<td>Amadeus II</td>
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<tr>
<td>Apr 25-May 3</td>
<td>ACA Spain: Andalucia in a Parador</td>
<td>AHI</td>
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<tr>
<td>May 1-5</td>
<td>Kentucky Derby</td>
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<td>May 2-17</td>
<td>Cruise Heart of Europe-Budapest to Amsterdam</td>
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<td>May 14-25</td>
<td>Historical Wonders - Rome to Venice</td>
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<tr>
<td>May 15-24</td>
<td>SW National Parks</td>
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<tr>
<td>May 26-Jun 8</td>
<td>Africa’s Wildlife</td>
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<td>May 29-Jun 7</td>
<td>75th Anniversary of D-Day Cruise</td>
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<td>75th Anniversary of D-Day Cruise</td>
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<td>Jun 14-24</td>
<td>Arctic Expedition Under the Midnight Sun</td>
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<td>Jun 15-23</td>
<td>ACA Normandy-Honfleur: 75th Anniv of D-Day</td>
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<td>Jun 17-Jul 1</td>
<td>Grand Danube Passage</td>
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<td>ACA - Italy’s Magnificent Lake District</td>
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<td>Ancient Empires - Rome to Malta</td>
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<td>Le Bougainville</td>
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<td>ACA - Swiss Alps</td>
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<td>Jul 15-23</td>
<td>Cruise the Rhine River</td>
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<td>Jul 19-27</td>
<td>New England Islands Cruise</td>
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<td>Jul 22-Aug 4</td>
<td>Northern Frontiers - Oslo to London</td>
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<td>Jul 24-Aug 1</td>
<td>Circumnavigation of Iceland</td>
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<td>Discover SE Alaska by Small Ship</td>
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<td>Waterways of Russia</td>
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<td>Aug 22-Sep 2</td>
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<td>Edinburgh: Art, Culture &amp; People</td>
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<td>Sep 7-17</td>
<td>Canadian Rockies Explorer</td>
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<td>Sep 10-27</td>
<td>North Atlantic Quest-Rejkjavik to NY</td>
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<td>18</td>
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<tr>
<td>Sep 22-Oct 7</td>
<td>Journey to Southern Africa</td>
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<td>16</td>
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<td>Sep 24-Oct 5</td>
<td>Romance of the Douro River</td>
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<td>Sep 30-Oct 7</td>
<td>Canada by Luxury Rail - Vancouver to Toronto</td>
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<td>$5,995</td>
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<tr>
<td>Oct 11-14</td>
<td>Albuquerque Balloon Fiesta</td>
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<td>Oct 9-17</td>
<td>ACA The Charm of the Amalfi Coast</td>
<td>AHI</td>
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<td>Nov 1-6</td>
<td>Polar Bears of Churchill</td>
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<td>$5,499</td>
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<td>Nov 11-25</td>
<td>Egypt &amp; the Eternal Nile</td>
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<td>15</td>
<td>$3,997</td>
<td>Prince Abbas/Royal Lily</td>
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<td>Nov 13-26</td>
<td>Singapore: Thailand &amp; Angkor Wat</td>
<td>AHI</td>
<td>14</td>
<td>$6,795</td>
<td>Land</td>
</tr>
</tbody>
</table>

**Tour Operators:**
- AHI = AHI travels
- GN = Go Next
- HLB = Holbrook Travel
- GH = Thomas P. Gohagen & Co.
- ODY = Odysseys Utd.

**Note:** Prices and Dates subject to change. Contact arizonaaalumni.com/travel for more information.
You’re Invited to Attend The University of Arizona Retirees Association

FALL LUNCHEON, OCTOBER 18, AT NOON
ORO VALLEY COUNTRY CLUB, PUSCH RIDGE ROOM
300 WEST GREENOCK ROAD

Special Guest Speaker
MR. MARK BAHTI, OWNER, BAHTI INDIAN ARTS
"From the Beginning: The People of the Southwest"

M E N U
STARTER: Three Sixty Seasonal Greens, Spiced Pecans, Sun-dried Cranberry, Feta Cheese, Honey Balsamic.

Select from Three Entrées
ENTRÉE CHOICE #1: Honey Mustard Chicken Breast - Boursin Potato Puree (Gluten-free)
ENTRÉE CHOICE #2: Almond Crusted Salmon – Herb Infused Rice, Citrus Beurre Blanc
ENTRÉE CHOICE #3 - Grilled Cauliflower Steak, Quinoa, Spinach, Tomato, Curry-Vegetarian (Gluten-free)

DESSERT: New York Style Cheesecake with Berry Compote
All Entrées served with Chef’s Choice of Seasonable Vegetables, Artisan Bread, Coffee and Hot Tea

PLEASE MAIL YOUR CHECK, payable to UARA, no later than Monday, October 8. Your cancelled check guarantees your reservation ($30.00 each). No refund is possible unless the cancellation request is received three days prior to the event. No part of this event is tax-deductible. Questions, or a last-minute RSVP, call or text Kathi Hart 909-5033. Please cut on the line below and mail your check NO LATER THAN MONDAY, OCTOBER 8, and the bottom portion this form to: Ms. Kathi Hart, UARA, PO Box 42391, Tucson AZ 85733.

SPRING 2018 LUNCHEON, OCTOBER 18, ORO VALLEY COUNTRY CLUB

Return this portion, and print name as you would like it on the nametag:

Retiree/Surviving Spouse ___________________________ Telephone ___________________________
Former Dept ___________________________ Email ___________________________

Choose entree:
__ (1) Chicken Breast __ (2) Almond Crusted Salmon __ (3) Cauliflower Steak
(Circle one)

Guest Name #1 ___________________________ Choice (1) (2) (3)
Guest Name #2 ___________________________ Choice (1) (2) (3)
Guest Name #3 ___________________________ Choice (1) (2) (3)

Enclosed is a check for $_______ made payable to UARA ($30.00 each). Please mail prior to October 8. We look forward to seeing you!
# UA Retiree News

## Executive Committee
- **President:** Dotty Sherwood-Cooney
- **Treasurer:** Gail Hanson
- **Past President:** Alison Hughes

## Board of Directors
- Susan Anderson
- Jim Barrett
- Robert Casler
- Jane Dugas
- David Earnest
- A. Jay Gandolfi
- Gail Hanson
- Kathi Hart
- Kenney Hegland
- Alison Hughes
- Mike Proctor
- Dotty Sherwood-Cooney

## Committees

<table>
<thead>
<tr>
<th>Activities</th>
<th>LUNCHEON/SPECIAL EVENTS</th>
<th>SCHOLLARSHIP/DONATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Barrett, Chair</td>
<td>Kathi Hart, Dotty Sherwood-Cooney</td>
<td>David Earnest, A. Jay Gandolfi, Dotty Sherwood-Cooney</td>
</tr>
<tr>
<td>Susan Anderson, Vicki Mills</td>
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<table>
<thead>
<tr>
<th>Communications</th>
<th>Membership</th>
<th>Nomination (BOD)</th>
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<tbody>
<tr>
<td>Jane Dugas, Chair</td>
<td>Kathi Hart (Data Updates) Dotty Sherwood-Cooney (Marketing/Recruitment)</td>
<td>Alison Hughes</td>
</tr>
<tr>
<td>Webmaster/Editor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Robert Casler, Mike Krebbs, Bob Perrill, Co-Editors, Newsletter and Other Publications</td>
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<table>
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<tr>
<th>Finance</th>
<th>Seminar</th>
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<tr>
<td>Gail Hanson, Chair</td>
<td>Jane Dugas, Chair</td>
</tr>
<tr>
<td>David Earnest, A. Jay Gandolfi Dotty Sherwood-Cooney</td>
<td>A. Jay Gandolfi, Alison Hughes</td>
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<tr>
<th>Legislative Affairs</th>
<th>Scholarship</th>
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</thead>
<tbody>
<tr>
<td>Alison Hughes</td>
<td>Betty Atwater, Chair</td>
</tr>
<tr>
<td></td>
<td>Judy Doan, Dusty Johnson Thomas Rehm</td>
</tr>
</tbody>
</table>

## UA Affiliation
- **UA Alumni Association:** Melinda Burke, President, UA Alumni Association, Dawn Bell, Exec. Assistant, Denise Shorbe, Project Specialist
- **Jennifer Lawrence**

## Classified Staff Council
- **Yontaek Choi**

## UA Human Resources
- **Mike Krebbs**