What’s next for Iran-U.S. relations? Hear anthropologist Bill Beeman at April meeting

In recent months, U.S.–Iranian relations have become more fraught than ever. Military and economic tensions have risen, and the fate of the Joint Comprehensive Plan of Action (JCPOA), the “Iran deal,” has been cast into doubt. Our April luncheon talk—“Iran and the United States: Continuing Tensions and Opportunities”—could not be more timely.

A linguist by training, William O. Beeman is professor and chair of Anthropology at the University of Minnesota. He has spent more than nine of the past 40 years in the Middle East and has also worked in Central Asia, the Caucasus, Japan, China, and South Asia. He is fluent in Persian, Arabic, and Turkish. Recognized for special expertise in Iranian culture and linguistics, Beeman is the author or editor of more than 100 scholarly articles, 500 opinion pieces, and 14 books on an astoundingly broad range of topics ranging from history, politics, and media to art history, religion, and theater. Among book titles particularly relevant to his UMRA talk are Language, Status and Power in Iran, and The “Great Satan” vs. the “Mad Mullahs”: How the United States and Iran Demonize Each Other.

In addition to Minnesota, Beeman has taught at Brown and, as visiting faculty, at Stanford, the University of Tokyo, and Keio University. He has conducted extensive research in technology and culture, has directed social science research for Brown’s Institute for Research in Information and Society, and has taught business anthropology in conjunction with the University’s Carlson School of Management.

Additionally, he has a passion for music, especially opera. He began singing as part of an extended project in the study of traditional performance, which led to many publications on the voice, emotion, and cognitive sciences—as well as performance in more than 50 opera roles. His forthcoming book, The Meistersingers: Opera Performance in Germany, centers on his experiences as a performer in a leading German opera house.

Beeman has been a consultant on Middle Eastern affairs to the Department of State, the Department of Defense, the United Nations, and the European Union. He has frequently appeared on international and domestic television and gives generously of his time for talks to academic, government, business, and civic audiences.

In his talk for us, he will review past U.S. dealings with Iran and try to forecast prospects for the future—not an easy task given the uneven start to the Trump administration’s foreign policy, plus the uncertain outcome to the upcoming Iranian presidential elections.

— Chip Peterson, UMRA president-elect and Program Committee chair
UMRA blooms with new members

Well, spring has now arrived, and so have my tulips. Yes indeed, as I write this, it is only March, and the green leaves are peeking up about four inches. Every year, almost all of the previous year’s tulips return, but I always plant new ones in the fall just to make certain to guarantee lots of color in April. And just like my tulips, most of our UMRA members return year after year. This year we have 569 members, comprising 413 households, 257 singles, and 156 couples.

Current members receive a renewal notice from the UMRA Membership Committee each summer, followed up by a reminder if needed. But, like my new tulips, new members also need to be recruited each year.

UMRA Membership Committee members attend Human Resources pre-retirement meetings to recruit new members (see John Anderson’s report, below), but one of the most effective means of recruiting new members is YOU, a current member. Do you know anyone in your former department who will be retiring soon, or has already retired? Please give them a call and invite them to be your guest at one of our luncheons. Also, give them one of our UMRA recruitment brochures, which will be available at the April luncheon for your use. Or you may send an e-mail or call either me or John Anderson, membership chair, with your contact’s name and address, and we will be happy to send them information about UMRA.

Keeping our current members and finding new members is how we can all help to build a strong social community and network for our University retirees. Happy Spring!

— Donna Peterson, President 2016–17
dcp@usfamily.net

Come socialize before the luncheon meeting

You are invited to meet and greet friends in the comfortable surroundings of the Campus Club lounge. Beginning in March, the Campus Club has opened its bar–lounge, just down the hall from our ABC luncheon room, for UMRA members to have coffee and visit before the luncheons.

Come early, beat the rush, and enjoy catching up with friends and acquaintances. Coffee is served at 10 a.m. There is no charge and no need to RSVP! Just let us know if you like this opportunity, and if we should continue this next year.

— Donna Peterson, UMRA President

Parking reservations are now available for UMRA luncheon meetings

Because some UMRA members have encountered a full parking ramp when attempting to attend a luncheon, UMRA has negotiated the opportunity to reserve parking spaces in the East River Road Ramp.

To make a reservation, you will need to inform Judy Leahy Grimes at the same time you make your luncheon reservation. Tell her you will also need a parking space, so she can reserve one for you.

To access your reserved space, you must enter the ramp from the East River Road entrance between 10 a.m. and 12 noon (when a PST attendant will be present). Identify yourself as an UMRA member who has requested a reservation. The usual parking fees and discount coupons apply.

This is a pilot program, just for the remainder of the meetings this spring, after which PTS and UMRA will evaluate how well it has worked. Thank you to PTS for providing this opportunity.

Again, to make a reservation, contact Judy Leahy Grimes (jleahy4654@aol.com or 651-698-4387) on or before the Thursday, April 20, luncheon deadline.

— John Anderson, chair, Membership Committee
ander049@umn.edu

UMRA seeks new members, offers retirement kits at pre-retirement workshops

At the late February pre-retirement seminars sponsored by the Office of Human Resources, UMRA Membership Committee members collected e-mail addresses from potential University of Minnesota retirees with which to send them a digital copy of the committee’s Retirement Kit. As a result, the Retirement Kit—a directory of active links to many useful websites pertinent to retirement—was sent to 175 respondents this year.

This activity had two purposes: to provide helpful information to U of M people thinking about retirement and to encourage them to consider joining UMRA when they retire. Current UMRA members may also be interested in the Retirement Kit. It is posted on the UMRA website: https://umra.umn.edu/sites/umra.umn.edu/files/retirement_kit-2017.pdf.

— John Anderson, ander049@umn.edu
April 25 workshop will focus on financial challenges and planning for singles

Workshop leaders Andy Whitman (UMRA member and professor, Carlson School of Management) and Susan J. Link, Maslon Law Firm, Minneapolis, will lead a discussion of “Financial Challenges for One: Singles, Caregivers, Widows, Widowers.”

“I planned for life as a widow, but got a lot wrong” (a quote from an anonymous source). When there is just you, financial planning can be challenging. No matter if you have lost a spouse, partner, last living parent, or are the one solely responsible for financial decisions for yourself or another—life can get very complicated. And it can be even more difficult when these financial matters must be handled while grieving or when one is beset with anxieties for the future. This situation cannot be described as “living well.”

This workshop will air the issues that can go wrong as well as explore ideas that others have discovered to prevent or remedy some of the problems they faced. Several UMRA members have volunteered to participate on a panel to share the benefit of their experiences and “hindsight” to help others who may face similar issues in the future. The Cares Committee will also distribute a list of helpful references we encountered in preparation for this workshop.

Plan to join us and share your own experiences (positive or negative) when confronted with solo financial planning.

The workshop begins at 1:30 p.m. following the UMRA luncheon meeting April 25. Bring your friends. UMRA workshops are open to all.

— Earl Nolting, UMRA Program Committee

February workshop attendees practiced techniques for managing pain mindfully

In her February 28 presentation, “Mindfulness and Chronic Pain Management,” Susan Flannigan (CNP, MPH) from the University’s Center for Spirituality and Healing (CSH) discussed non-pharmaceutical methods of dealing with chronic pain. In addition to exercise and “waiting it out,” she described another method, Mindfulness-Based Stress Reduction (MBSR), offered through CSH (csh.umn.edu). This program has long-lasting effects in coping with chronic pain and illness, without reverting to pills. Developed in 1979 by Jon Kabat-Zinn, it is offered in more than 700 medical centers in the U.S. and around the world.

Susan, who teaches MBSR, defined mindfulness as paying attention to the present moment without judgment. With training and practice, mindfulness and meditation help to manage pain and also to change neuropathways in the brain. She demonstrated exercises in breath and body awareness and explained how to conduct a “36-minute body scan.” She also described ways to incorporate loving-kindness meditations for ourselves and toward others.

Recommended sources include MBSR meditations and classes (with discounts for University retirees) listed on both the UMRA and CSH websites. The American Mindfulness Research Association (AMRA) offers online readings and carries 25 topics per month relating to mental health issues. The monthly U of M “Current” also offers tips on well-being and news about upcoming health-related events.

Thanks to Susan for an excellent presentation.

— Larry Johnson and Gwen Perun, UMRA members

Leader Susan Flannigan rings a bell, signaling the meditation period is complete.

Eyes closed, UMRA members focus on breathing and the present moment, as they practice several exercises in mindfulness.
Congratulations to the 2017–18 recipients of PDGR program grants

A committee of retirees, appointed by Frances Lawrenz, associate vice president for Research, reviewed and recommended 14 of the 21 applications for funding by Professional Development Grants for Retirees in February. Allen Levine, interim vice president for Research, recently announced the grant recipients.

Congratulations to the following:

Frederick Asher, professor emeritus, Department of Art History, College of Liberal Arts, University of Minnesota–Twin Cities: India and the World: The Visual Culture of Indian Ocean Trade to 1500.


Charles Fairhurst, T.W. Bennett Professor Emeritus of Mining Engineering and Rock Mechanics, Department of Civil, Environmental and Geo-Engineering, College of Science and Engineering, University of Minnesota–Twin Cities: Video: Why Rock Mechanics and Rock Engineering?


Carol Miller, Morse Distinguished Teaching Professor and associate professor emeritus of American Studies and American Indian Studies, College of Liberal Arts, University of Minnesota–Twin Cities: Founding Mothers of Contemporary American Indian Literature.

Alexis Pogorelskin, associate professor emeritus, Department of History, College of Liberal Arts, University of Minnesota–Duluth: Duluth and Hollywood: The Career of Sidney Buchman.

Wayne Potratz, professor emeritus, Department of Art, College of Liberal Arts, University of Minnesota–Twin Cities: To Lead a Workshop and Lecture at Festival of High Temperatures, Eugeniusz Geppert Academy of Art and Design in Wroclaw, Poland.

Jonathan Ravdin, M.D., Nesbitt Professor Emeritus, Department of Medicine, Medical School, University of Minnesota–Twin Cities: Enhanced Clinical Data Management for the Youth and AIDS Projects by Implementation of New Health Information Technology.

Gerald Rinehart, Vice Provost and Dean of Students, Office for Student Affairs, University of Minnesota–Twin Cities: Review and Summary of Historical Documents Pertaining to Religious Organizations, Activities and Issues on UMN Twin Cities Campus, 1947-present.

Marjorie Savage, Professional and Administrative Staff, Outreach and Research, Department of Family Social Science, University of Minnesota–Twin Cities: Frances Andrews: A Social Biography of Progressivism.

Kathryn Sedo, professor emerita of Clinical Instruction and senior attorney, Law School, University of Minnesota–Twin Cities: To Attend Two American Bar Association Meetings for Low-Income Taxpayer and Pro Bono Update to Maintain Mastery as a Community Volunteer.

William Sudderth, professor emeritus of Statistics, School of Statistics, College of Liberal Arts, University of Minnesota–Twin Cities: Presentation at Conference on Simplifying Strategies in Stochastic Games, Erice, Italy.

Elaine Tarone, Distinguished Teaching Professor Emerita, Center for Advanced Research on Language Acquisition, College of Liberal Arts, University of Minnesota–Twin Cities: Shifts of Accuracy, Complexity and Fluency in Constructed Dialogue by Adult Second Language Learners.


Abstracts of the 2017–18 grants are listed on the UMRA website, https://umra.umn.edu. For information about retiree grants, contact the new committee chair, Richard Poppele, e-mail: dick@umn.edu.

— Jan Hogan-Schiltgen, UMRA chair, PDGR program

Welcome new members to UMRA

Please give a hearty welcome to two new members who have recently joined UMRA. Please greet them at luncheon meetings and UMRA events.

Deborah Hennrikus, School of Public Health, Faculty 5337 Harriet Avenue, Minneapolis, MN 55408 612-827-3787; hennr001@umn.edu

Barbara Nemecek, College of Human Ecology, Faculty/P&A 2890 Pelican Point Court, Mound, MN 55364 612-812-6182; bnemecek@outlook.com

April 25, 10 a.m.
Pre-luncheon gathering!
Come early to visit with friends over coffee in the Campus Club Bar & Lounge
**Use your skills; help your community**

We retirees have many skills, many of which are becoming a much-needed benefit for organizations seeking volunteers for specific needs. The University Retirees Volunteer Center is working to provide better service in this regard to provide you, the volunteer, with projects for which a specialist is needed. Consider the following:

**Judges for Minnesota History Day**—April 29, U of M East Bank. There are two rounds of judging, morning or afternoon; the greater need is for the 8 a.m.–1 p.m. round. Judges work in teams of two. (Free parking) Co-sponsored by Minnesota History Center and College of Liberal Arts.

**Mock Trial Jurors for Mitchell-Hamline Law School**—April 27 and 28. One case deals with intellectual property and the other with a traffic accident. Each takes a full day, 8 a.m. to 2:30 p.m. (Lunch and parking provided.) Choose one or both days. More trials May 25 and 26.

**STEM Link Team Leaders or Classroom Assistants**—May 12 at Normandale Community College; May 17 and 18 at Century College. Team leaders accompany 5th and 6th graders to each of three different topic sessions. Classroom assistants remain with one classroom to assist with science activities and experiments. If you are a STEM specialist, they need you.

**SNAP Line Assistant** (Second Harvest Heartland office work—weekly). The “Supplemental Nutrition Assistance Program” (formerly Food Stamps) requires tracking for clients who were approved, denied, or are pending benefits. Openings at either Golden Valley or Maplewood offices. Weekly commitment of three hours minimum, six months.

Contact University Retirees Volunteer Center – URVC@UMN.EDU for information on any of the above.

--Alan L. Kagan, project director, URVC

**Who do you know who’s retiring?**

If one or more of your colleagues, friends, or neighbors have retired recently or are even thinking of retiring from the University, be sure to share the good news that membership in UMRA is waiting for them.

Membership recruitment brochures are available at the sign-in table at each luncheon program. Or contact John Anderson, chair of the Membership Committee, at ander049@umn.edu, to obtain copies of the UMRA brochure.

**Photo Club meets April 14**

The UMRA Photo Club will meet Friday, April 14, 1 to 3 p.m. at the St. Anthony branch of the Hennepin County Library, in the small shopping center at New Brighton and St. Anthony Boulevards. Come at noon for lunch at the Great Dragon Buffet across the parking lot from the library. (ask for the senior discount).

A major portion of each meeting is sharing up to 10 pictures that club members bring on a flash drive. The UMRA Photo Club welcomes photographers of all abilities. We benefit from sharing ideas with each other.

At this meeting, Dick Kain will work on pictures that members bring or send to him, to show how the Adobe Light-Room program can be used to adjust the picture you took to create the picture you wanted to take.

Contact cochairs Sherri Goldsmith May, golds009@gmail.com, or Craig Swan, swan@umn.edu, for more information or to be added to the Photo Club mailing list. Meetings this year have been scheduled regularly on the second Friday of each month.

—Craig Swan, co-chair

**What have you been reading?**

Share your thoughts about books and recommendations for reading with other UMRA members. Write a review for this Newsletter. Or start an UMRA Book Club in your Twin Cities area. Send your book review to Earl Nolting, enolting@umn.edu. Talk with Pat Tollefsen, p-toll@umn.edu about how to start a book group.
**UMRA remembers Robert Kane**

In recent years Dr. Robert Kane, director of the University's Center on Aging, has been working with UMRA's Cares Committee and members interested in understanding the aging process and in improving long-term care. Bob taught and consulted and supervised the UMRA Care Guides, volunteers who were trained and available to help families and individuals who were confronted by health crises that demanded decisions.

Dr. Kane first spoke to the UMRA luncheon audience in April 2015 and thereafter presided over several workshops on aging and long-term care. Thus began a partnership that was just beginning to flourish.

When he died suddenly on March 6, Dr. Kane left his UMRA partners, as well as so many other colleagues, stunned. What follows are words from a few of our Care Guides, UMRA members who had the privilege of working with and learning from him.

“Bob Kane’s passing is a huge loss to UMRA. He was an inspiration to so many of us, giving us reason to empathize with our fellow retirees and ways to help them during the difficulties of later life. As a student in his “Care Guides seminars” last year, I found him to be brilliant, wise, and very knowledgeable. Despite his serious stroke of about five years ago, leaving him handicapped with difficulty in body motions, he never complained; he always listened attentively and in a quiet manner that showed great compassion for others.”
— Ron Anderson

“I enjoyed all of his training sessions and learned so much! His is a loss to the wide community—his research and knowledge, his compassion, and common sense.”
— Maggie Catambay

“Bob Kane clearly saw the difficult realities of aging and worked tirelessly to bring about needed changes to health care for all. His untimely death is a tremendous loss for UMRA and the University.”
— Earl Nolting

“A wise, compassionate, and patient mentor for UMRA Care Guides, the Re-think Tank, and for me personally! Truly, our hearts are heavy at this time.”
— Helen Carlson

This is a loss that is deeply affecting his colleagues at the Center for Aging who knew him best of all. We thank Jeanine Ouellette, editor for *Old News* and co-author of *The Good Caregiver*, for the following remembrance, which was excerpted from *Old News*, the Center for Aging publication.

By now, most of you have received the sad news of the sudden death of Dr. Robert Kane, world-renowned expert on aging and director of the University’s Center on Aging and of the Minnesota Evidence-based Practice Center. This staggering loss has sent shockwaves of grief worldwide.

For those who worked closely with Bob, the reality and scope of his absence have barely begun to feel real. On the Friday before he died, Bob was finalizing his last editorial column for the late March issue of *Old News*, the newsletter for the Center on Aging, outlining his ambitious vision to not just improve long-term care for older adults, but to completely rebuild it from the ground up. True to his rigorous form, he felt there was little sense in bandaging an inherently flawed product that no one rightfully wants.

Throughout his career, Bob championed tirelessly for the rights and wellbeing of older adults. His most recent endeavor, the Long-term Care Re-Think Tank, is making promising inroads toward that end (his obituary notice asked that donations be made to this organization, among other causes).

Bob’s monumental intellect was widely known; that he dedicated it to improving how we care for each other is so fundamentally compassionate that it will be remembered by all who knew him. Bob was an international expert, respected professor and researcher, and widely published author. A fierce and heartfelt advocate for his many students and colleagues, he supported their aspirations with unparalleled devotion. Bob’s high standards and charming toughness fostered the best in everyone around him.

“Bob had two core drives—active compassion and intellectual honesty,” said Mary Butler, assistant professor in the Division of Health Policy and Management and associate director of the EPC. As a close colleague, Butler observed that both these characteristics found a perfect home not only in his long-term care and aging work, but also wherever he found an opening. “He didn’t advertise his compassionate acts, so it’s easy to understand how someone may not have known,” Butler says, “but the number of current and former students and faculty and community members he mentored is staggering and matters more than the impressive number of articles or books he wrote.” He will be so dearly missed.
From the Cares Committee bookshelf—

**The Good Caregiver:**

*A One-of-a-Kind Compassionate Resource for Anyone Caring for an Aged Loved One*

Thank you to UMRA members and Care Guides Ron Anderson and Helen Carlson for this review of *The Good Caregiver* by Dr. Robert Kane, 2011, Pelican.

Hundreds of books have been written on the concept of caregiving, but *The Good Caregiver* probably is the most practical and useful for someone who works in or is considering the role of caregiver. Dr. Kane, a true academic, wrote and published 34 books and 506 research articles; yet, he wrote this very practical book for the general public, combining his extensive research background in aging with what he (and his sister) learned in caring for their aged mother.

*The Good Caregiver* offers an encyclopedia of background information, resources, and analysis question forms. Topics such as preparing to care and funding it, medical issues, role reversal and family decision-making, daily care, and crisis situations, are thoroughly addressed. Besides being an excellent text on procedures, the book shines as a resource guide, with reference to a huge and invaluable website (“Long term Care: You Decide,” [http://ltc.hsr.umn.edu/](http://ltc.hsr.umn.edu/)), a workbook of ideas and assessment tools for beginning and navigating through home-based caregiving. The website was developed under Dr. Kane’s direction as a teaching aid and supplement to the use of his book as a textbook.

**March speaker illuminates Minnesota’s economy and the work behind revenue forecasts**

Dr. Laura Kalambokidis, professor of Applied Economics and Minnesota State Economist, spoke at the UMRA luncheon program on March 28.

She enlightened us about the strength and resiliency of the Minnesota economy, which is mainly due to the diversity of our industries and the strength of our well-educated labor pool. But, she cautioned, with Minnesota’s aging population, we need to invest in education and jobs for our diverse ethnic population and encourage immigration to enrich our future labor market.

Her explanation of the process for creating the State’s revenue forecast was most informative and helped us understand the headlines announcing that the state will have a $1.65 billion projected budget surplus in the 2018–19 biennium.

See her presentation slides by going to the Announcements section on the UMRA web site home page at [https://umra.umn.edu](https://umra.umn.edu).

— Jean Kinsey, Past President and Program Committee member

“Bob Kane has a special connection to UMRA. He served many years as an informal consultant, and in his April 2015 luncheon speech, gave us a capsule of *The Good Caregiver*. Last year, he not only taught the Care Guides seminar for UMRA volunteers, but led an open workshop on the future of long-term care. He will be greatly missed.”

— Ron Anderson

“As members of the Cares Committee and Care Guides, we were privileged to work through many of the book’s aging issues with our mentor, Bob Kane. For example, to find the best long-term care for a specific situation, it is necessary to visit care sites and agencies. This book provides interview question forms for comparative analysis.”

— Helen Carlson

*The Good Caregiver* may be purchased from Amazon, Google Books, Barnes and Noble, or other local bookstores. It is also available from libraries.

**Food for Thought from the Cares Committee**

Do not mistake consensus for Truth

— a favorite quote from Robert Kane, Center on Aging
Have you changed your address, e-mail, or phone?

1. Print new information below.
2. Cut out this form and address label.
3. Mail both to the address above.

Name _______________________
Address ______________________
City, State ______________________
Zip _______ Phone ____________
E-mail _______________________
Other Info ______________________

Website: https://umra.umn.edu
UMRA’s phone: 612-626-4403

1666 Coffman spring open house

You are invited to attend 1666 Coffman’s Spring Open House, Sunday, May 21, 2–5 p.m., for guided tours and refreshments and to view open homes. Two units are currently available. For more information about the units for sale or the open house event, contact Eve Brown, evebrown@comcast.net.

In Remembrance

We report the passing of UMRA members as we learn of losses to our UMRA community. Since the Newsletter was published in March, we have received news of the following. Our condolences to the friends and family of:

William Wright, History Department professor emeritus, died February 24, 2017. Professor Wright had been a member of UMRA since 1993.

UMRA Cares Committee is here for support

For assistance and support in the event of the death or serious illness of an UMRA member or family member, please e-mail us at umracares@umn.edu or call 612-626-4403, and leave a message for UMRA Cares.