



University of Michigan Retirees Association

Volume 10, No. 4

April 2008

Social Hour Programs

April 10: For his second appearance at an UMRA Social Hour Frederick Mayer, long-time U-M campus planner, has chosen an intriguing subject he calls "The Unbuilt Michigan."

May 8: Jerry May, U-M Vice President for Development, will outline for us "Development Issues at a Major Research University" using the U-M, of course, as his example.

The 3rd Annual UMRA Health Day will be held on April 29. Because of the popularity of the two previous Health Days it's necessary to restrict attendance to 180 persons.

Registration information is available on-line at www.hr.umich.edu/umra and a registration form will be found on Page 6.

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Social Hour Details

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All U-M retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks. Social Hour programs begin at 3:15 PM and continue until about 5:00 PM. Announcements about speakers and programs are made in this newsletter, in University Record *Events* notices, and at <www.umich.edu/~hrraa/umra/>, the UMRA web site.

Meeting Location

Social Hour gatherings are held at the Best Western Hotel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues will be used from time to time. Please check the meeting notices on Page 1 to find the latest information.

The University of Michigan Retirees Association Newsletter

G-250 Wolverine Tower, 3003 South State, Ann Arbor MI 48109

The Wolverine Tower building is located at the intersection of Eisenhower Blvd. and S. State St. Parking is available nearby.

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February Meeting Report: Mr. Clement's Library

The February 14th Valentine's Day Program was presented by Brian Leigh Dunnigan, Acting Director of the Clements Library. Located next to its possibly more famous neighbor, the President's House, on South University Avenue, the Clements is a nevertheless distinguished building in its own right. Noted architect Albert Kahn created the Italian Renaissance-style structure which opened in 1923 as a fitting edifice which now is home to one of America's premier repositories of historical documents and general Americana. The structure and its original collection were a gift of Michigan industrialist William L. Clements, an alumnus and regent of the University of Michigan who himself was an avid collector of items of interest in the early development and history of the United States. Today the library is home to more than 75,000 rare books, 2,000 volumes of early newspapers, and 40,000

maps. There are over 3,000 individual manuscript collections, ephemera, and thousands of prints, photographs, and other visual materials. In 2005 it added the extraordinary Longone Center for American Culinary Research.

The Clements Library is a vibrant, growing institution with an active acquisitions policy. The collections have been built through purchases, gifts, and endowments. Many of the most important collections and individual items have come to the Clements through private donations which have greatly enriched the depth and scope of the holdings. If you have old books, journals, letters, photographs, scrapbooks, or artwork that relate to American history, early or modern, please contact the Clements to discuss the benefits of contributing. Your materials may have an important place in future research, and the value of materials donated to the Library is tax-deductible.



Exercise Caution in Use of Email!

A well known danger and source of computer viruses has often been an attachment which the unwary email recipient opens and thereby unleashes various forms of computer chaos. With awareness of this danger increasing, the newest problem may lie in a link included in an e-message. No reputable business or organization ever requests confidential information from the recipient of an email message. Regardless of how legitimate and official such a request might appear, never click on a link before doing the following: move your mouse pointer over the link and look for the "URL" address that most email programs display near the top or bottom of the screen. If the address shown there does not exactly match the claimed link address, DO NOT click on the link. "Phishing" is an attempt to illicitly obtain confidential information using misrepresentation. A phony email link address indicates that instead of connecting with a legitimate address, you are being sent to a phony address where they hope to make you at least a partial victim of identity theft. In short, make certain you verify the identity of the link site address. Finally, if an offer in an email message appears too good to be true, it most likely is a scam..



Favorite Potholes?

This winter season's record local snowfall has resulted in a bonanza of potholes which dot our streets. Some can become downright dangerous. The city of Ann Arbor has a 24-hour pothole hotline. Callers can leave a message about the location of potholes by calling 734-994-6537. The Michigan Department of Transportation has its own toll-free hotline at 888-296-4546 to report potholes. You can also use the "Report Potholes" line on MDOT's website at www.michigan.gov/mdot.

March Meeting Report: Medication Misadventures — How to Avoid Them

Dr. Leslie A Shimp gave the March 13th program and discussed on this topic which is especially important for seniors. With the average patient receiving 13 to 15 medications during a hospital stay and one-third of us taking 5 or more medications (including non-prescriptions) per week, it is definitely in our self-interest to know a medication's side-effects along with its possible interactions with any of our other medications. In that regard even some food items, like grapefruit, or even caffeine, tobacco or alcohol can adversely affect the effectiveness of medications. The fundamental reason we take medications is because of the expected health benefits: to lower high blood pressure; control blood sugar levels; reduce symptoms of an illness; control pain after an accident or surgery, etc.

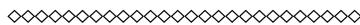
Once a medication routine has begun, the possibility of misadventures also begins. These include incorrect medications, sometimes caused by difficulty in interpreting the physician's written prescription, dosages that are too low or too high, or incorrect amounts taken by the patient – sometimes due to one's faulty memory when taking different dosages of different

medications. Surveys suggest that 1.5 million medication mistakes take place annually.

The risk to the user depends on many factors including age, gender, the ability to financially afford the medications, and the living situation in which the user may or may not have assistance getting to medical appointments, or help with taking the correct dosages of the correct medications. For example, one study showed that 43% of patients did not correctly understand the doctor's prescribed dosage of 1 tablet twice per day.

Very important is the danger of interactions between medications taken for more than one chronic condition. This becomes especially true when a patient has more than one health care provider but does not keep each provider informed about medications prescribed by the other providers.

To help manage our medications and monitor their usage, there is one easy but very useful thing each of can and should do: prepare and carry in our wallet a card with a complete and accurate list of the name of each medication taken, its dosage, how long taken, any special directions, known side effects, and any interactions with other medications.



Drug Prices Up

The March 2008 AARP Bulletin carried this item:

Manufacturers' prices of the brand-name prescription drugs most widely used by Medicare beneficiaries rose "substantially" after Medicare Part D became effective in 2006. A new Watchdog report from AARP's Public Policy Institute reviewed 220 of these drugs, and the average rate of increase was 7.1% in 2006 and 7.4% in 2007 – more than the yearly increases from 2002 to 2005 (5.3% to 6.6%). The 2007 increase was 2.5 times the general inflation rate of 2.9% .

Active U Report

The Active U physical fitness program was described in the the February issue of the UMRA Newsletter. George Williams organized a team of UMRA members and the participation has been good. Here are pictured some team members and below the photo is a description of some of the U-M programs available to retirees who wish to continue their fitness efforts.



Members of the ActiveU “Retirees” team who posed for a picture after the February 14 meeting of UMRA. Left to right: Fred Remley, Pat Williams, George Williams, Joe Mofatt, Helen Welford, and Pat Butler

Fitness Center Discounts for U-M Retirees

Add years to your life and life to your years at the MFit Fitness Center! Part of the U-M Health System, the MFit Fitness Center at the Ann Arbor Ice Cube is a medically-based fitness center specializing in helping people age 50 and over become more active. U-M retirees qualify for a discount from the regular membership fee. Join by April 31, 2008 and you'll receive one month free, with your U-M retiree discounted membership. For more information call 734-998-8700, e-mail mfitfitnesscenter@umich.edu, or visit <http://www.med.umich.edu/mfit/fitness/icecube.htm> .

University of Michigan Retirees Association

Health Day, 2008

Tuesday, April 29, 2008

Best Western Hotel and Conference Center
2900 Jackson Rd, Ann Arbor, MI 48105

- 8:00- 8:45** Registration and Coffee
- 8:45-8:55** Welcome –Douglas Woolley, President, University of Michigan Retirees Association
Introduction – Pat Butler, Conference Chair
- 9:00-9:55** **Floater and Glaucoma - The Obvious and the Devious**, Terry Bergstrom, MD, Professor Emeritus of Ophthalmology and Visual Sciences, Department of Ophthalmology and Visual Sciences, University of Michigan
- 10:00-10:15** **Break**
- 10:20-11:15** **Keeping Senior Drivers on the Road Safely**, Kimberly Lariviere, P.E. Michigan Department of Transportation Senior Mobility
- 11:20-12:15** **Oral Health for Older Adults**, Peter Polverini, DDS, DMSc, Dean and Professor of Dentistry, UM School of Dentistry
- 12:20-1:15** **Lunch-** Retirees will select a lunch and prepay with their original registration
- 1:15-2:10** **Laughter Fitness**, Paul Koniarz, Certified Laughter Leader, World Laughter Tour
- 2:15-3:10** **Sleep and Aging** Roseanne Armitage, PhD, Professor of Psychiatry and Psychology, Director – Sleep and Chronophysiology Laboratory, University of Michigan
- 3:10-3:25** **Break**
- 3:25-4:20** **Cardiovascular Health**, Susan Housholder, MSN, RN, APRN, BC, FAHA, Nurse Practitioner/Clinical Director CAD Management Program Preventive Cardiology, Univ. of Michigan Health System
- 4:20** **Discussion, Evaluation and End of Program**

Registration Form

The cost of the program is \$15.00, this includes program, lunch and breaks.

Make checks payable to: *University of Michigan Retirees Association*

Send to: UMRA G-250 Wolverine Tower, 3003 South State Street,
Ann Arbor, MI 48109-1281

Name: _____

Address: _____ City _____ State _____ Zip _____

Telephone: _____ Email: _____

Entrée Selection: Salmon _____ Chicken _____ Vegetarian _____

Digital TV Is Coming: What Do I Need To Do?

Most of us have seen TV and other media commercials alerting us to the fact that as of February 17, 2009, TV broadcasts will no longer be made in analog, but only in digital, format, and that some of us will have to purchase a digital-to-analog converter. What does this mean for me? What do I need to do to be able to continue to receive a signal that my TV will display? For many of us, the answer may be simple: nothing may need to be done.

The first thing is to determine the kind of TV receiver you have: is it digital, or is it analog? Most TVs purchased before 1998 are analog. The front or back of the TV is marked "NTSC" – or "Analog." On the other hand, a digital TV receiver is marked on the front or back with a caption like "Digital Tuner Built-In," "Digital Receiver," "DTV," "Integrated Digital Tuner," "ATSC," or "HDTV."

The second thing is to determine whether you are connected to a TV signal provider like

satellite (e.g., Dish TV), or via a cable service (e.g., Comcast.) If you have either of these, you need do NOTHING; your signal provider will automatically supply you with a signal viewable on your preset TV. However, if you have an analog TV, and do NOT subscribe to a TV signal provider, but simply use a rooftop or a set-top (rabbit ears) antenna to get free broadcast programming, you may have to purchase a signal converter whose cost probably ranges between \$40 and \$70. Most electronic stores are able to advise you on what type of converter you may need. To help offset the cost, the National Telecommunications and Information Administration is granting a maximum of two coupons per household worth \$40 each toward the purchase of two converters. Requests for the coupons are now being accepted; the coupons are each valid for 90 days. One can call 1-888-DTV-2009 for information or visit the NTIA website at www.dtv2009.gov.

Another Reason To Travel Light

Seasoned travelers are often observed to travel light, with as little luggage as is really needed, in contrast to the less-experienced, who are seen as burdened by too many or too heavy bags. There is now also a financial reason to be careful how much luggage we tote: extra fees. Northwest Airlines will begin charging \$25 for a second piece of baggage for flights within North America effective May 5, 2008. The fee will apply each way on a round trip flight. Northwest thus joins US Airways and United Airlines in the imposition of an added-baggage charge for most passengers. (Some full-fare passengers will not be affected by the new policy.)

Are Energy-Efficient CFLs (Compact Fluorescent Lamps) Safe?

The new energy-efficient compact fluorescent lamps significantly reduce energy usage but they do contain a small amount of mercury. However, the amount is too small to be a health threat according to the U.S. Environmental Protection Agency. Unless the bulb breaks, there is no threat at all. Exposure only occurs if the bulb breaks. If it does, open a window and leave the room for 15 minutes; then, using rubber gloves, scoop the broken pieces onto cardboard, seal in a plastic bag and dispose of the debris. Clean the area. It is best to dispose of the debris at a special recycling site. A local site can be found from the EPA website: www.epa.gov/bulbrecycling.



Have you changed your address or e-mail?

1. Print new information below.
2. Cut out this form and your address label.
3. Mail both to the UMRA address shown by your mail address.

Name _____

Address _____

City, State _____ ZIP _____

E-mail address _____

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