



University of Michigan Retirees Association

Volume 10, No. 3

February 2008

Social Hour Programs

February 14: Brian Leigh Dunnigan, Interim Director of the Clements Library will present the history of Mr. Clements' Library.

March 13: Leslie A. Shimp, Prof. Pharmacy, will discuss the recently inaugurated Focus on Medicine program, designed to assist persons taking many prescribed medications to review the possibilities for simplification.

April 10: Frederick Mayer, long-time U-M campus planner, will speak on the interesting subject "Unbuilt Michigan."

BE SURE TO NOTE THE ANNOUNCEMENT ON PAGE 6!

THE 3RD ANNUAL UMRA HEALTH DAY WILL BE CONVENED ON APRIL 29. THE PROGRAM SHOULD BE OF INTEREST TO A BROAD SPECTRUM OF RETIREES. PAST HEALTH DAYS HAVE BEEN VERY WELL RECEIVED. REGISTRATION INFORMATION WILL SOON BE AVAILABLE ON-LINE AND BY MAIL.

IN THIS ISSUE

Reports of the December and January Social Hour programs.

A new vaccine to ward off shingles attacks is available.

**Remembering Wilfred Kaplan, a founder of UMRA,
who passed away in December.**

Managing stress

The ActiveU exercise program

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NEWSLETTER EDITOR

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/~hrra/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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IN MEMORIAM

The University of Michigan Retirees Association wishes to honor the memory of those members who served the University with devotion and dedication. (Please alert one of the listed UMRA contracts to include a name in future issues of the Newsletter.)

Wilfred M. Kaplan

November 28, 1915 – December 26, 2007

Wilfred Kaplan, Professor Emeritus of Mathematics at UM, died December 26, 2007 at the age of 92. Among his many activities he was president of the U of M Retirees Association for several years. During that time, and with his leadership, the Association made all U of M Retirees eligible for membership, not just those with academic appointments. This more than doubled the pool of possible members. He led the way for the Association's becoming officially incorporated. Among other things this made it possible for people to make tax-deductible contributions, which in turn gave the Association more strength to fund projects important to it. While he was president the university administration gave the association a part-time assistant and some office space, both of which have been very helpful. The number of general membership meetings, with programs, increased. The Association became more active in the Big 10 organization of retirees, and helped give it new vitality. In short, a good deal happened when Wilfred was at the helm of the Association, and he was responsible for a lot.

[This obituary was prepared by his UM faculty colleague and former UMRA Board Member Ralph Loomis, Professor Emeritus of English.]

Sign Up for Active U: A Fitness Challenge Now Available to U-M Retirees!

Active U is the University of Michigan's eight-week physical activity challenge for faculty, staff, grad students and – new this year – U-M retirees!

Active U is a simple program designed for any fitness level. So whether you are taking that first step toward becoming more active or want to take your fitness routine to the next level, this program is for you. To participate, simply sign up and keep track of your activity minutes (time spent exercising, walking, dancing, etc.) by using an easy online tracker or by submitting a paper form. Join individually or team up with other U-M retirees, staff or faculty for extra motivation and camaraderie.

The Retirees Association has a team that you can join. The name of the team is "retirees" and the Captain is George Williams, Secretary of the Association. You can reach George Williams at 734-663-2926 or geowms@umich.edu.

By participating in Active U, you will get free access to U-M recreation centers and an opportunity to make a donation to support local charities. Additionally, participants who log in their physical activity minutes each week of the program will be entered into weekly drawings for iPods, gift certificates, free gym memberships and personal training sessions. A grand prize drawing will award one lucky winner a \$500 travel voucher to use toward a vacation getaway.

To sign up or for more information, visit www.MHealthy.umich.edu or call 734-975-3023. You must register by 5 p.m. on February 5. Active U runs February 5 - April 1, 2008.

Health Notes

1. Free Skin Cancer Screening

With the increasing incidence of various skin cancers, plans are underway to hold a free skin cancer screening for UM Retirees in June. Dr. Jennifer Schwartz, assisted by Amy Young-Sereno RN, hope to have the details available in the next UMRA Newsletter and at UMRA's Health Fair Day on April 29th.

2. Shingles and Shingles Vaccine

This unpleasant, painful, and sometimes debilitating ailment often strikes those who experienced chicken pox as children. There is now a preventive vaccine, Zostavax, which is available to UM Retirees.

Zostavax is a herpes zoster vaccine that was approved in May 2006. The CDC recommends Zostavax to protect against shingles be given to all people age 60 and older, including those who have had a previous episode of shingles. The vaccine is a single dose injectable that is required to be administered in a physician's office. Zostavax must be kept frozen prior to use.

As of January 1, 2008 Zostavax coverage was added to the BCBSM Comprehensive Major Medical (CMM) plan and the BCBSM Community Blue PPO. All other U-M health plans, including U-M Premier Care, already provided coverage for Zostavax.

Coverage is subject to the usual co-pays or deductibles for each medical plan. The BCBSM Blue PPO plan covers the vaccine at 100% (\$15 co-pay if the physician charges for an office call) and the CMM plan covers at 80% after annual deductible is satisfied.

Note the special reimbursement procedure described below

Interim BCBSM Claim Handling Process for Shingles Vaccinations:

Programming changes are needed in the BCBSM claim system to allow the claim system to see Zostavax vaccines as a covered charge. Until BCBSM can automatically process the claim, special handling is needed. Please follow the steps below to receive reimbursement through the Staff Benefits Office.

- Obtain an itemized billing statement from the doctor's office. The receipt should include the doctor's name, the date of service, a description of the service and the charge.
- Attach the itemized billing statement to a BCBSM Zostavax Claim Form obtained from Staff Benefits. A standard Blue Cross Member Application form can be used but the claim should NOT BE MAILED to the BCBSM Southfield Office address that is on that form. (If it is mailed to Southfield, it will be processed like any other claim and will be rejected.) The claim MUST BE SENT to the address on the BCBSM Zostavax Claim Form, attention: Kate Van Valkenburgh.

Upon receipt, the Benefits Office will submit the claim to BCBSM's Claim Exception unit along with a special authorization for exception request form. Processing generally takes about four weeks. BCBSM will issue payment directly to the insured. BCBSM will NOT pay a provider of service directly when a claim exception request is involved. This is just a temporary procedure. As soon as BCBSM is able to automatically process charges for the Zostavax vaccine, claims can be submitted directly to BCBSM through regular channels.

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 **Glaucoma and Floaters**, 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 **Driver Safety**, Kimberly Larivoiere, Director, 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

World War II Panel of Veterans

An overflow UMRA audience for the December 13th Social Hour Program was privileged to hear a presentation by a distinguished group of WWII veterans who shared their reminiscences of those historic days. The apparent suddenness of the United States' involvement after Pearl Harbor shocked Americans and quickly enveloped everyone.

Frank Comstock [Captain, U.S. Marines, 3rd Amphibian Group] was a senior at UM when Pearl Harbor occurred and shortly found himself a marine involved in the South Pacific conflict with the battle for Bougainville in November '43.

Bill McKeachie [Lt. Senior Grade, Destroyer Squadron 45] quickly went from a conscientious objector to a radar officer on a destroyer in the South Pacific who was a witness to the Kamikaze attacks near Okinawa.

Don Brown [PFC U.S. Army 65th Armored Infantry Battalion, 20th Armored Division] was a high school senior when war struck who soon went into the army and wound up in the European Theater in France and Germany and became one of the first to witness the horrors of the Dachau concentration camp.

Mildred MacGregor [RN, 1st Lt. U.S. Army Nursing Corp, 3rd Auxiliary Surgical Group] had her nursing skills used almost immediately by the army and in December '42 she was sent overseas into the Africa/Sicily theater of operations where her devotion to the wounded in her care earned her a Silver Star.

Vernon Jensen [Staff Sgt., U.S. Army-Air Force 463rd Bomb Group, 775th Bomb Squadron, 429th Squadron] was a January '41 high school graduate who had to overcome a color-blindness diagnosis to be allowed to enlist after which he became a member of a B-17 bomber group in North Africa who survived being shot down over Italy in 1944.

Those heroic days of WWII in which the war effort received almost universal support and a willingness to sacrifice from the American public has resulted in WWII being called the "last good/just war". In turn it has been succeeded by contentious American involvement in Korea, Vietnam, and the current struggle now in the Middle East. What this suggests is that the pursuit of the answer to the age-old question of whether it is nobler to suffer the slings and arrows of outrageous fortune – or to take up arms against them is still very morally relevant.

Managing Stress, Continued from Page 4

4. Don't complain. Instead talk things over with your family and friends. Look for solutions.
5. Occupy yourself and your mind. Social activities can help.
6. Don't blame other people for your problems.
7. Exercise every day. Go for a walk and concentrate on your surroundings instead of your problems.
8. Maintain a daily routine.
9. Avoid taking your problems to bed. Clear your mind of the day's thoughts.
10. Talk to your health care provider. He or she can help you find the right agency or person(s) to assist you in coping with stress.

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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