



University of Michigan Retirees Association

Volume 16, No. 2

August 2014

2014 MEETING DATES

*(See pg. 2 for more details
on time and locations)*

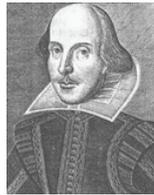
SEP 11

OCT 9

NOV 13

DEC 11

COMING SPEAKERS FOR PROGRAMS



September: Frannie Shepherd-Bates

As Executive Artistic Director of Detroit's Magenta Giraffe Theater Company, Shepherd-Bates has expanded that role to include taking Shakespeare into the Women's Huron Valley Correctional Facility in Ypsilanti. The program empowers inmates through theater exercises and Shakespearean text to think creatively, re-examine decisions they've made, become more in touch with their emotions, and develop crucial life skills to be used both in and out of prison. Shepherd-Bates holds a B.F.A. in Theater (Acting) from Wayne State University and works regularly as a director, choreographer, teaching artist, actress and dialect/accent coach in the area. She believes in art as a way of life, as a tool with which to heal society.

October: Business meeting with representatives from UM Benefits and TIAA/CREF



November: Sgt. Beth Gieske

Sgt. Gieske of the Washtenaw County Sheriff's Department will speak on Personal Safety in Public Places. She is a member of the department's Community Engagement Division with a Master's degree from Concordia University.

December: Michael Heberling

A retired USAF officer who flew B-52s back in the cold war days, he will talk about another cold war – the Polar Bear Expedition. These mostly Michigan soldiers who trained at Camp Custer near Battle Creek were active in the last days of WWII and personally experienced a COLD WAR.



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

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

Web site: <www.hr.umich.edu/umra/> **Email:** <umra@umich.edu>

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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 UM 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 PM. Announcements about speakers and programs are made in this newsletter, in University Record Events notices, and at the UMRA web site <www.hr.umich.edu/umra>.

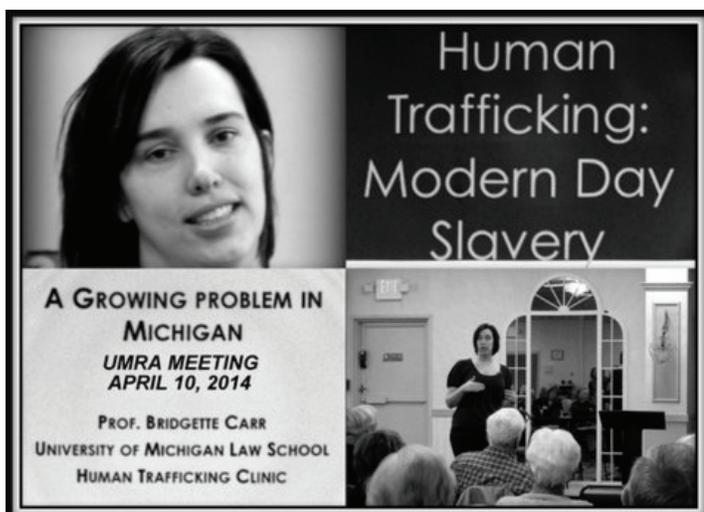
MEETING LOCATION

Social Hour gatherings are held at the Clarion 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 are used from time to time. Please check the meeting notices on Page 1 to find the latest information.

**Under what name was the UM
established at Detroit in 1817?**

Answer: Catholepistemiad

A SHOCKING REVELATION

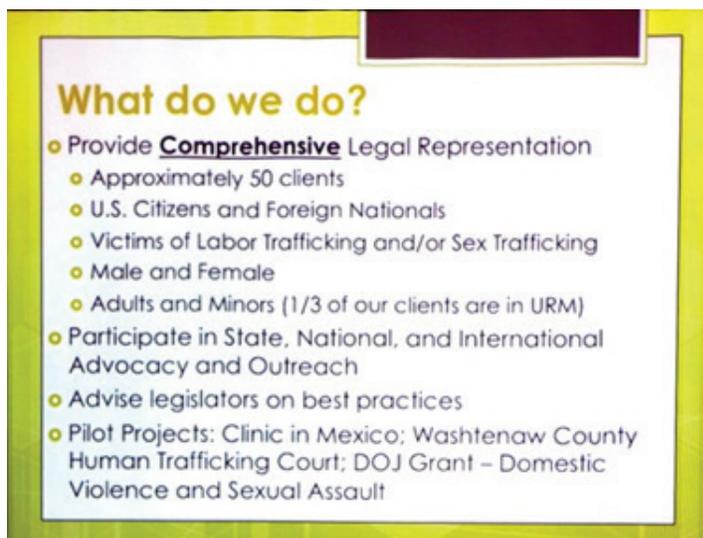


The UM program is the first clinical law program solely dedicated to the issue of human trafficking, sometimes known as “modern-day slavery.” The program’s professionals and students work with both domestic and international issues and cases. They provide services that include direct representation of domestic victims and foreign nationals trafficked in the US, advocacy for trafficking victims and community education and training.

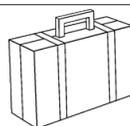
Students, under the supervision of professionals, work within the program gaining experience through collaboration with stakeholders such as survivors of human trafficking, law enforcement, government officials and nongovernmental organizations, all identifying solutions to combat human trafficking.

Human trafficking exists in Michigan – Even Ann Arbor, Chelsea and environs. Lawyer Bridgette Carr, director of the UM Law School’s Human Trafficking Clinic stunned the UMRA audience with the realization that human trafficking is not just an international border-to-border problem, but one which runs the gamut of recruitment, transportation, harboring for purposes of slavery, forced labor and servitude involving men, women and children.

“We are the lawyers of last resort throughout the nation,” Carr said. The Human Trafficking Clinic is committed to advancing anti-trafficking policy through interdisciplinary collaboration at the local, national and international levels.



SEE THE WORLD



UMRA has entered into an agreement with Conlin Travel to provide an annual selection of tours for UMRA members for group travel. The UMRA Travel Committee has recommended the following three tours for 2015:

<u>Month</u>	<u>Tour</u>	<u>Duration</u>
Feb. 2015	Tropical Costa Rica	9 days
July 2015	Grand European Tour River Cruise	15 days
Fall 2015	Reflections of Italy	10 days

- Conlin Travel or the chosen tour operator will escort all tours.
- Conlin Travel will handle all logistics and reservations.
- Typically, tour groups with over 15 paid participants will earn “free” travel for one person. Conlin Travel will suggest options to UMRA for how to use any earned “free” travel. *(The number of paid participants required for the “free” travel may vary depending on the tour/cruise company.)*
- For more information, contact Conlin Travel at 1-800-426-6546 or (734) 677-0900.

WORKING FOR YOU

The Senate Advisory Committee on University Affairs (SACUA) is the executive arm of the University Senate and of the Senate Assembly. On behalf of the Assembly, SACUA advises and consults with the President, Provost, and the Executive Officers of the University on matters of University policy. SACUA also coordinates and initiates governance activities and serves as an instrument for implementing the actions of the University Senate and the Senate Assembly.

Larry Jones and Elizabeth Mutschler represent UMRA in this organization. Jones says, the UMRA representation “serves two purposes at the Assembly monthly meetings:

- The representatives communicate back to the UMRA Board relevant University administrative news. For example, it is very probable that our new University President, Mark Schlissel, will visit the Assembly at a meeting this fall, and a report on his discussions and interactions will certainly be of interest to our Board.

- When University issues relevant to retirees are discussed and administrative action is taken, it is important for the retiree community to have first-hand information and the ability to participate in the relevant discussions.

Last year, for example, the administration, in seeking to reduce administrative expenses, enacted a reduction in medical insurance payments for recent retirees. This, among other administrative cost reduction initiatives, was discussed during the Assembly meetings, and the input of the UMRA representative on the Assembly, was relevant and well received.”



Education for Everyone via MOOC *Massive Open Online Courses*

Gautam Kaul says education does not have to be in real time nor should the cost or pre-requisites keep anyone from taking his Introduction to Finance class, one of a variety of classes offered by UM online. “I believe that learning usually happens when you are motivated by a curiosity to understand something.” he told our May audience.

His course is primarily devoted to the fundamental principles of valuation. Students will learn and apply the concepts of time value of money and risk to understand the major determinants of value creation using both theory and real world examples to demonstrate how to value any asset.

With subtitles for all video lectures available in Chinese, English, Portuguese and Ukrainian, the MOOC courses span a wide diversity of ethnic backgrounds. Kaul’s course begins Oct. 6, 2014, and lasts for 15 weeks. Students who successfully complete the class will receive a certificate signed by Dr. Kaul.

Other courses available now or planned for the future include Model Thinking, Fantasy and Science Fiction, Introduction to Classical Music, Internet History, Technology and Security and Programming for Everybody.

For more information about classes offered through UM’s MOOC, visit <https://www.coursera.org/umich>.



THE SQUEAKY WHEEL

The following letter sent March 25, 2014, to Mike Ellis of the Ann Arbor TIAA-CREF office was the result of complaints from UMRA members about that organization's service. In response to this letter, a representative from TIAA-CREF will speak at our October 9 meeting.

It is my understanding that you are the manager of TIAA's Ann Arbor's office.

UMRA holds a monthly meeting of about 100 University of Michigan retirees and during a recent meeting I heard from a number of attendees that contact with your office was less than satisfactory. In particular your people, in a number of cases, did not follow up by returning phone calls and/or e-mail contacts. Also, if a "Wealth Manager Advisor" leaves your office, a new W.M.A did not step in to follow up with the retiree or employee.

Several attendees suggested that rather than deal with the local office, they found that they had better outcomes when they contacted your offices located in other parts of the country.

Considering the size of the University both in number of retirees and employees as well as the amount of contributions, I would think our folks would be at the top of the list as far as services were concerned.

I do want to point out that there were 2 or 3 folks who said your office provided them with satisfactory service, but the overwhelming majority claimed otherwise.

One lady also said that one of your advisors put an inappropriate amount of pressure on her to move money into TIAA-CREF contracts. Of course what would be a lot of pressure on one person might be reasonable pressure on another person. Thought at least a mention was in order.

Based on my many years of working with TIAA-CREF, service was a pretty high priority and I hope that will be a priority on your agenda.

Sincerely,
Don Thiel
UMRA Treasurer
Director of Financial Services (Retired)
Cc: Laurita Thomas
Assoc. V. P.-Human Services

YOGA JUST FOR US



UMRA has joined forces with David Ufer and Yoga Focus to present an opportunity for gentle yoga for UMRA members. With a class limit of 20, registering for the hour and 15-minute classes scheduled for Sept. 16 and 23 is essential. The cost is \$10 per person per class and will

run from 11:15 a.m. to 12:30 p.m.

To register for "Yoga in the Second Half of Life," call Ufer or Yoga Focus at 734-668-7730. Yoga Focus is located in Suite 5 of the Eastover Professional Building at 1524 Eastover Place in Ann Arbor. Look for the signs for Eastover Professional Building along the east side of South Packard.

SAVE MONEY AND TIME

If you are taking a maintenance medication for a long-term condition, filling your prescriptions through the university's mail order pharmacy saves you time and money. Mail order through NoviXus Pharmacy Services in Novi, MI, offers UM drug plan members the best value for 90-day supplies of maintenance medications. You save a third of your out-of-pocket cost over retail with the added convenience of free home delivery. At your next health care visit, ask your physician to write 90-day prescriptions for mail order.

To fill prescriptions through NoviXus, follow these instructions:

1. Register with NoviXus using one of the following two methods:
 - Register online at umich.novixus.com.
 - Call NoviXus Patient Care toll-free at the dedicated phone number exclusively for UM: 877-269-1160 (TTY 877-269-1162).
2. Submit your 90-day prescription to NoviXus using one of the following three methods:
 - Mail your original 90-day prescription to: NoviXus Pharmacy Services, PO Box 8004, Novi, MI 48376-8004.
 - Call NoviXus for help with a prescription transfer: 877-269-1160.
 - Ask your prescriber to send your prescriptions directly to NoviXus by e-prescribe, fax, or phone. Prescriber-only Fax: 877-395-4836. Prescriber-only Phone Orders: 877-269-1159.

You can pay by credit card, check or money order. Just visit umich.novixus.com or call 877-269-1160.

For general UM Prescription Drug Plan coverage questions, please call MedImpact Member Services at 800-681-9578 (TRS 711).

Note: You need a 90-day prescription to use mail order. Mail service is for 90-day prescriptions of maintenance medications on which the patient is stabilized and should not be used for medications needed immediately, such as antibiotics, or for short-term medications that will be used for less than three months.



From Human Resources Benefits Office

A Helping Hand UM Style



UM's Work/Life Resource Center is looking for those who want to help another UM family through Family Helpers. Part-time work with pay is avail-

able for UM students and UM benefits-eligible retirees for occasional services that may include child care, tutoring, elder care, house sitting, yard work, running er-

rands, pet care and housekeeping.

Each UM Family Helper has to pass a State of Michigan background check and create and submit a personal profile. Any current UM faculty, staff member or student may log in to view the profiles and then contact potential Family Helpers. Background checks are not conducted on UM families seeking services.

The rate of pay and other details are negotiated between the UM family and the Family Helper.

For additional information visit <http://hr.umich.edu/worklife/familyhelpers/>.

REPORT ON HEALTH DAY



The annual UMRA Health Day for 2014 offered over 100 UMRA members and guests an opportunity to hear a wide-ranging selection of presentations. Pat Butler, UMRA president, welcomed the audience and introduced the speakers, who were well-received by attendees –84 percent of respondents to the evaluation forms indicated that they had gained valuable information over the course of the day.

The first speaker, Dr. Louis Bojrab, an anesthesiologist at Michigan Pain Specialists, described the anatomy of the spine, and he discussed several problems that result in back pain. He also spoke about treatments

for these issues, along with prevention techniques to reduce or avoid back pain.

Dr. Victor Katch, UM School of Kinesiology professor, focused his presentation on nutrition. He explained that most of us can gain all the nutrients we need from natural food, and avoiding products that are highly processed and then fortified with additives and synthetic vitamins. He also proposed reducing or eliminating meat products and increasing the variety of vegetables and fruits we eat.

David Ufer, one of this area's first yoga teachers in the 1960s, teaches at Yoga Focus in Ann Arbor. He practices a system of yoga that was introduced here by an Indian yogi, B.K.S. Iyengar. Iyengar yoga stretches and strengthens the body, mind and spirit. David told us the story of how yoga developed in Ann Arbor, and he engaged us in the practice of yoga, by leading us in a few simple yoga poses and helping us focus on breathing, relaxation and stretching.

Dr. Linda Strodman, who is retired from the UM School of Nursing faculty, gave the final presentation of the day, "Preparing for Life's Last Journey." Dr. Strodman provided valuable legal information about end-of-life planning and decision making, and she suggested ways of meeting the emotional needs of one who is approaching the end of life and by that person's family caregivers.

Plan now to attend the 2015 UMRA Health Day April 28, and watch for information in future newsletters.

A BIG QUESTION

Michigan's no fault laws have brought up questions concerning auto insurance benefits from UMRA members. Kate Van Valkenburgh, UM's benefits compliance administrator, has submitted the following summary that may answer many of these questions.

"The following summary confirms how each of the insurance vendors coordinates benefits with no fault auto insurance for both active employees and retirees with Medicare. This same information has also been posted on the Benefits Office web site at: <http://benefits.umich.edu/plans/medical/minofault.html>.

Essentially, only those retirees whose Medicare is pri-

mary and who are covered by HAP need to purchase non-coordinated PIP. Those who are covered under a BCBSM or BCN plan need not be concerned."

Should you need a confirmation letter for your agent, contact an HR/ Payroll Service Center Representative Monday through Friday between 8 a.m. and 5 p.m. at 734-615-2000 or 1-866-647-7657 (toll free).



The University of Michigan Retirees
Newsletter
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Ann Arbor, Michigan 48109

SPREAD THE WORD TO FORMER COLLEAGUES

Faculty and staff who were formerly employed by UM but not retired from it, who are now retired, are eligible to become “Associate Members.” They are charged a yearly fee equal to the UMRA dues (\$10) and can participate in UMRA programs as non-voting members.