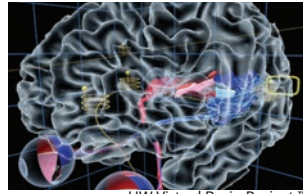




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THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

UA NEWS

Sau npe tam sim no rau Suab paj nruag thiab ncig xyuas ntawm Hamel Event thaum Lub Peb Hlis

Join phooj ywg UWRA cov tswv cuab rau kev hais kwv txhiaj tshwj xeeb, ncig saib, thiab txais tos ntawm Hamel Music Center ntawm UW-Madison tsev kawm ntawv hnub Saturday, Peb Hlis 9.

Marc Fink, tus kws tshaj lij ntawm suab paj nruag thiab tus tswv cuab ntawm UWRA pawg thawj coj, yuav nthuav tawm 30-feeb oboe recital suab paj nruag los ntawm Haydn, JS Bach, Poulenc, thiab Mozart. Kev ua yeeb yam nrog Fink yuav yog tus kws tshaj lij Karlos Moser, piano, tus thawj coj ntev ntawm University Opera. Kev ncig xyuas ntawm Hamel Center zoo nkauj thiab kev txais tos yuav ua raws. Kev txhawb nqa los ntawm UWRA, tus nqi ntawm qhov kev tshwm sim yog \$ 10.00 rau ib tus neeg.

- 1:00–1:30 Recital rau Oboe thiab Piano, featuring Marc Fink, oboe, thiab Karlos Moser, piano, Collins Recital Hall hauv Hamel Music Center
- 1:30–2:00 Ncig saib Hamel Music Center
- 2:00–3:00 Catered txais tos nyob rau hauv lub lobby

Sau npe online lossis xa ntawv, tab sis nyob rau hauv ob qho tib si kev sau npe thiab kev them nyiaj yuav tsum tau txais tsis pub dhau hnub Monday, Lub Ob Hlis 19, 2024.

Thov nco ntsoov tias qhov chaw nres tsheb rau qhov kev tshwm sim no yuav muaj cov khoom tsis txaus vim qhov kev kaw tsis ntev los no ntawm lub norog Lake Street Ramp. Nrog rau daim ntawv qhia chaw nres tsheb hauv tsev kawm ntawv rau kev xaiv ntawm:

transport.wisc.edu/campus-maps/#parkingmaps.

Cov chaw nres tsheb ze ze suav nrog Grainger Hall (7), Fluno Center (83), W. Johnson thiab Lake Street (46), Helen C. White Hall (6), thiab Frances Street (public). Xav txog kev thauj mus los, kev thauj mus los rau pej xeeb, lossis kev pabcuam tsheb taxxij.

Hu rau Marc Fink ntawm mdfink@wisc.edu nrog rau cov lus nug txog qhov kev tshwm sim no.

Marc Fink yog ib tug kws qhia ntawv so haujlwm ntawm Mead Witter School of Music ntawm UW-Madison, qhov twg rau 40 xyoo nws tau qhia oboe, chamber music, thiab suab paj nruag hauv kev ua yeeb yam. Nws ua tau ntau xyoo hauv cov kws qhia ntawv Wingra Quintet thiab ua tus thawj coj oboist hauv Madison Symphony Orchestra. Nws kuj tau ua yeeb yam hauv kev ua suab paj nruag thoob ntiaj teb, suav nrog hauv Moscow, Tokyo, Chengdu, Granada, Paris, Buenos Aires, Rio de Janeiro, thiab Banff.



OBOE RECITAL, HAMEL MUSIC CENTER TOUR, & UWRA RECEPTION

Hnub Saturday, Lub Peb Hlis 9

1:00–3:00 PM | Hauv Neeg | \$10.00

Hamel Music Center | 740 University Avenue

Daim ntawv thov Deadline: Lub Ob Hlis 19

Yuav tsum sau npe ua ntej. Sau npe online ntawm:

UWRAMadison.org/event-5544133

HNUB ROG

Zoo heev Milwaukee:

Harley-Davidson Tsev khaws puav pheej thiab Mitchell Park Domes

Los ntawm SANDI HAASE, tus tswv cuab, UWRA TRAVEL COMMITTEE

Two ntawm Milwaukee qhov kev nyiam tshaj plaws yog Harley-Davidson Tsev khaws puav pheej thiab qhov zoo nkauj ntawm Mitchell Park Domes. Tam sim no koj tuaj yeem mus ntsib ob qho tib si yooj yim rau hnub Monday, Lub Peb Hlis 18: caij tsheb npav, tsis muaj chaw nres tsheb fuss! Cov chaw tos txais thiab tso tawm yuav nyob hauv Verona thiab sab hnub tuaj ntawm Madison.



Harley-Davidson qhov chaw, ntawm 20 daim av ntawm Milwaukee Riverfront nrog saib ntawm lub nroog skyline, suav nrog Tsev khaws puav pheej, ob lub khw muag khoom tshiab, ib qho kev paub zoo dua qub, thiab tsev noj mov. Peb phau ntawv qhia kev ncig xyuas yuav piav qhia yuav ua li cas lub npe nrov maus taus no tau hloov zuj zus thiab dhau los ua cim hauv Asmeskas dhau 100+ xyoo ntawm kev tsim khoom.

Tshawb nrhiv kev coj noj coj ua thiab keeb kwm los ntawm cov dab neeg thiab cov khoom sib tham sib tham, nrog rau cov khoom tsis sib xws ntawm Harley-Davidson® maus taus thiab nco txog ntawm ob lub tsev ntawm cov khoom pov thawj. Yuav muaj sijhawm txaus tom qab kev ncig mus ncig ua si los ntawm cov tsev khaws khoom khaws cia thiab khw muag khoom plig ua ntej noj su hauv HD Motor® Bar thiab Tsev noj mov.

Tom qab noj su, peb yuav txuas ntxiv mus rau Mitchell Park Horticultural Conservancy, zoo dua hu ua "lub Domes," rau 1.5 teev mus ntsib, suav nrog kev ncig xyuas



ntawm Arid thiab Tropical collections. Nyob rau hauv Floral Show Dome, txhua xyoo Lub Caij Nplooj Ntoos Hlav Caij Nplooj Ntoos Hlav yuav nyob rau hauv tag nrho viav vias, nrog 600 ko taw ntawm cov khoom ua si tsheb ciav hlau. Cov tsheb ciav hlau me me yuav chug dhau ntau dua 4,000 cov nroj tsuag, tsim kom muaj cov zaub zoo nkauj.

Tus nqi ntawm kev mus ncig hnub no yog \$ 110 rau ib tus neeg thiab suav nrog kev thauj mus los, noj su, nqi, thiab khoom plig. Mus saib nplooj ntawv sau npe kom paub meej txog lub sijhawm tuaj tos / tso tawm thiab qhov chaw, kev xaiv noj su, thiab txoj cai them rov qab.

Qhov kev mus ncig no yog koom tes nrog thiab koom tes txhawb nqa los ntawm Verona Senior Center. Rooj zaum yog txwv, yog li sau npe tam sim online. Yog tias koj sau npe los ntawm kev xa ntawv, koj daim tshev yuav tsum tau txais tsis pub dhau tav su rau hnub Wednesday, Lub Ob Hlis 28, 2024.

Yog tias koj muaj lus nug, hu rau tus neeg saib xyuas kev mus ncig Sandi Haase ntawm sandi.haase@wisc.edu los yog UWRA chaw ua hauj lwm ntawm 608-262-0641.-

ZOO SIAB MILWAUKEE

Hnuh Monday, Peb Hlis 18

8:00 AM – 5:30 PM | Hauv Tus Neeg

Daim ntawv thov Deadline: tav su, Lub Ob Hlis 28

Yuav tsum sau npe ua ntej. Sau npe online ntawm:

UWRAMadison.org/event-5516692

ELECTRONIC TECHNOLOGY WEBINAR

Tib neeg lub hlwb, Artificial hlwb, 50,000 lub hlwb:Txaus siab rau Kev Siv Technology tshiab hauv Kev Qhia thiab Kev Kawm ntawm UW-Madison

Los ntawm BRAD HUGHES, KATHY CHRISTOPH, THIAB CathY MIDDLECAMP, cov tswv cuab, thiab BRUNO BROWNING, koom roj zaum, Electronic TECHNOLOGY COMMITTEE

AKoj puas xav paub txog yuav ua li cas cov kws qhia ntawv thoob plaws UW-Madison pab cov tub ntxhais kawm nrog cov thev naus laus zis tshiab, suav nrog kev txawj ntse (AI), kev muaj tiag tiag, thiab kev kawm tshuaj ntsuam xyuas? Koj puas xav paub seb koj yuav siv cov thev naus laus zis li cas yav tom ntej? Koj puas xav nrog cov hluas tham txog lawv txoj kev kawm tam sim no?

Thov koom nrog peb ua peb tus kws qhia ntawv zoo heev los ntawm UW-Madison qhia txog cov thev naus laus zis no thiab piav qhia lawv cov kev siv hauv cov kev ntxim nyiam uas koj yuav tsis xav txog. Peb kuj tseem yuav kawm seb lub tsev kawm ntawv tau txhawb nqa kev coj noj coj ua zoo li cas los txhawb txoj kev kawm tshiab no rau nws cov tub ntxhais kawm 50,000.

John Zumbrunnen, tus lwm thawj coj ntawm kev qhia thiab kev kawm, yuav qhia txog cov ncauj lus ntawm kev siv thev naus laus zis los ntawm cov kws qhia los txhim kho kev kawm thiab sib tham txog lub tsev kawm ntawv txoj hauv kev rau kev siv cov ntaub ntawv qhia thiab kev kawm los txhawb kev kawm. Laura Grossenbacher yuav tham txog kev koom nrog cov cuab yeej tshiab AI xws li Chat-GPT rau hauv chav kawm kev sib txuas lus, qhia cov tub ntxhais kawm ntawv qib siab engineering kom xav txog qhov muaj peev xwm thiab kev txwv ntawm cov tshuab hluav taws xob muaj zog. Karen Schloss yuav tham txog UW Virtual Brain Project, ib txoj hauv kev tshiab los qhia kev ua haujlwm neuroanatomy hauv chav kawm ntawv qib siab los ntawm kev muaj tiag virtual.

Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov xa email mus rau tus kws saib xyuas haujlwm Brad Hughes ntawm bthughes@wisc.edu ib los ntawm hnub Monday, Lub Ob Hlis 19.-

John Zumbrunnen yug tus lwm thawj xibfwb rau kev kawm txuj ci, tus lwm thawj xibfwb rau kev qhia thiab kev kawm, thiab tus xibfwb ntawm kev nom kev tswv ntawm UW-Madison.



Laura Grossenbacher yug tus thawj coj ntawm kev sib txuas lus thiab tus thawj coj ntawm undergraduate program tshuaj xyuas hauv College of Engineering ntawm UW-Madison.

Karen Schloss yug tus xibfwb qhia ntawv hauv Department of Psychology thiab Wisconsin Institute for Discovery ntawm UW-Madison.



Hmoob lub hlwb, ARTIFICIAL BAINS, 50,000 QHOV

Hnub Wednesday, Lub Ob Hlis 21
10:00-11:30 AM | Online Webinar

Daim ntawv thov Deadline: Lub Ob Hlis 20
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
[UWRAMadison.org/event-5529732](https://uwrामadison.org/event-5529732)

FOOD PANTRY CONTRIBUTIONS

Kuvn lieu ntawm cov nqi sau npe rau feem ntau UWRA webinars thiab cov kev pabcuam, cov tswvcuab raug txhawb kom pub dawb rau Open Seat Food Pantry uas pab cov menyuam kawm ntawv tsis muaj zaub mov tsis ruaj ntseg UW. Lub pantry yog ib qhov project ntawm ASM, Associated Students of Madison, thiab mob siab rau muab kev noj qab haus huv, siv tau cov zaub mov, khoom siv hauv tsev, thiab cov khoom tu tus kheej rau txhua tus menyuam kawm ntawv uas xav tau.

Kawm ntxiv txog nws ntawm asm.wisc.edu/the-open-seat/ . Cov tshev uas them rau UW Foundation, nrog "Open Seat" ntawm kab ntawv sau cia, tuaj yeem xa mus rau: UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.-

LUB SIJ HAWM NTAWM LUB WEINAR

UW-Madison West Campus Txoj Kev Npaj Ntev Ntev

Los ntawm SCOTT HILDEBRAND, CO-Chair, COMMITTEE RETIREMENT COMMITTEE

Paul Seitz yuav tham txog txoj kev npaj mus ntev rau kev rov xav dua thiab rov tsim kho lub tsev kawm ntawv qib siab sab hnub poob.

Lub hom phiaj ntawm txoj kev npaj muaj xws li txhawb lub tsev kawm ntawv txoj kev qhia thiab tshawb fawb lub luag haujlwm; txhim kho qhov zoo, kev muaj sia nyob, thiab kev ruaj ntseg ntawm thaj chaw no; thiab nqis peev hauv tsev kawm qib siab cov tswv yim tseem ceeb los ntawm cov peev txheej ntxiv. Pab pawg ua haujlwm tau tuav ntau dua 150 tus neeg koom nrog lub rooj sib tham txij li lub caij ntuj sov xyoo 2022 los qhia thiab sib sau cov lus qhia txog cov kev xav tau thiab qhov tseem ceeb ntawm cov neeg siv sab hnub poob.

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa email rau lawv mus rau tus kws saib xyuas haujlwm Scott Hildebrand ntawm scott.h.hildebrand@gmail.com los ntawm hnub Monday, Lub Ob Hlis 12.-



Paul Seitz yog tus thawj coj ntawm lub tswv yim pib hauv lub chaw ua haujlwm ntawm Vice Chancellor rau nyiaj txiag thiab Administration ntawm UW-Madison.

AROHE WEBINAR SERIES

Reimagining Retirement Series txuas ntxiv

Reimagining Retirement: Tshawb Nrhiav Koj Lub Hom Phiajyog peb qhov kev kawm virtual uas tau tuav los ntawm Association of Retirement Organizations in Higher Education (AROHE) thiab Fidelity Investments®. Nws yuav tshawb txog kev sib raug zoo, kev xav, thiab kev xav ntawm kev hloov pauv mus, thiab nyob hauv, nyiaj laus. Cov koob no yog npaj rau cov kws qhia ntawv thiab cov neeg ua haujlwm hauv kev kawm qib siab uas xav txog kev so haujlwm, lossis cov uas twb tau so haujlwm lawm. Nws yuav txhawb kom cov neeg tuaj koom kom paub meej lawv lub hom phiaj thiab txais kev hloov pauv uas tshwm sim hauv lub neej tshooj tom ntej.



Thawj qhov kev nthuav qhia hauv koob tau tshwm sim thaum Lub Ib Hlis 2024, tab sis ob qho yuav tshwm sim thaum Lub Ob Hlis.

UWRA yog ib tug tswv cuab ntawm AROHE thiab txhawb nqa cov neeg laus thiab cov uas xav txog nyiaj laus mus rau npe rau koob. Zoo siab txais tos txhua tus tuaj koom, thiab tsis muaj nqi rau kev tuaj koom.

Lub Ob Hlis 13 Reimagining Koj Tus Kheej Txoj Kev Npaj

Tom qab ua haujlwm ntev ntawm kev kawm thiab kev ua haujlwm hauv chaw ua haujlwm, cov neeg so haujlwm tuaj yeem tshuaj xyuas cov sijhawm tom ntej, txheeb xyuas cov hom phiaj, thiab npaj cov phiaj xwm raws li qhov tseem ceeb - kos raws li kev sib raug zoo uas twb muaj lawm thiab tsim kev sib raug zoo tshiab.

Lub Ob Hlis 27 Rebuilding Koj Network

Rau qee tus, giddy glow ntawm nyiaj laus txoj kev ywj pheej hnab tawm thaum lawv sim hloov mus rau cov hnub tsis tsim nyog. Kawm cov tswv yim rau kev tsim kho dua tshiab, tsim kev sib txuas tshiab, thiab txheeb xyuas cov peev txheej los nrhiav lub hom phiaj tshiab.-

WEST CAMPUS DEVELOPMENT PLAN
Wednesday, Lub Ob Hlis 14
10:30 AM – NOOB | Online Webinar
Daim ntawv thov Deadline: Lub Ob Hlis 9
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
UWRAMadison.org/event-5531000

REIMAGINING RETIREMENT
Hnub Wednesday, Lub Ob Hlis 13 & 27
NOON Central Sijhawm | Online Webinar Ua ntej
sau npe yuav tsum tau. Sau npe online ntawm:
UWRAMadison.org/event-5515598

NYEEM NTXIV WEBINAR

Assisted Living, Retirement Home Contracts, thiab vaj tse Kev npaj: Yuav Paub li cas

Los ntawm JACK SORENSON, tus thawj coj, thiab Karen HOLDEN, tus tswv cuab, COMMITTEE ntawm cov teeb meem nyiaj txiag hauv kev so haujlwm

AKoj puas xav hloov mus rau lub zej zog muaj kev pab los yog lub tsev so nyiaj laus? Koj puas tau xav txog yuav ua li cas them cov nqi no? Stephanie Thompson yuav tham txog:

- Yuav them cov nqi tsev nyob thiab nyiaj laus li cas
- Thaum twg los nug tus kws lij choj los tshuaj xyuas cov lus hauv daim ntawv cog lus tsev so ua ntej kos npe
- Cov nqe lus lossis cov nqe lus hauv qee cov ntawv cog lus uas yuav cuam tshuam nrog koj qhov kev txaus siab ntawm kev npaj vaj tsev
- Cov kev xaiv twg, yog tias muaj, muaj thaum koj cov khoom muaj nqis tag nrho.

Paub txog, thiab kawm paub yuav ua li cas tshem tawm, txhua qhov kev tsis sib haum xeeb nrog kev tswj hwm ntawm koj lub cuab yeej ua ntej ua kev pabcuam kev saib xyuas nyob / so haujlwm hauv tsev.

Yog tias koj muaj lus nug ua ntej rau tus neeg hais lus, thov xa email rau lawv rau tus kws saib xyuas haujlwm Jack Sorenson

ntawm wsoren1@gmail.com los ntawm Hnub Monday, Lub Ob Hlis 19.-

Stephanie Thompson yog tus kws lij choj thiab tus tswv ntawm Lub Tsev Haujlwm Saib Xyuas Kev Cai Lij Choj ntawm Krueger, Hernandez thiab Thompson, SC.



LUB SIJ HAWM NTAWM LUB WEINAR

Editorial Cartooning nrog Phil Tes ntawm lub Wisconsin State Journal

Los ntawm SCOTT HILDEBRAND, CO-Chair, COMMITTEE RETIREMENT COMMITTEE

Phil Hands, editorial cartoonist rau lub *Wisconsin State Journal*, yuav tham txog nws cov txheej txheem muaj tswv yim thiab cov tswv yim thiab txoj hauv kev rau nws txoj haujlwm hauv kev xaiv tsa xyoo.



Tes kos duab thiab plaub mus rau tsib cartoons txhua week rau *State Journal's* paj xav. Cov *Wisconsin*

State Journal yog daim ntawv xov xwm kawg hauv Wisconsin los ntiav ib tus neeg ua haujlwm cartoonist.

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa email rau lawv mus rau tus kws saib xyuas haujlwm Scott Hildebrand ntawm scott.hildebrand@gmail.com los ntawm hnub Friday, Lub Peb Hlis 1.-

Phil Tes muaj kev kawm tiav qib siab hauv kev sau xov xwm thiab kev sib txuas lus loj los ntawm UW-Madison. Nws tau yeej ntau lub xeev khoom plig rau editorial cartooning thiab yog 2012 tau txais los ntawm Society of Professional Journalists Sigma Delta Chi khoom plig rau editorial cartooning rau kev ncig hauv qab 100,000.



LUB SIJ HAWM TXOJ CAI TSHIAB & KEV UA HAUJ LWM

Tuesday, Peb Hlis 5

10:00 AM – NOON | Online Webinar

Daim ntawv thov Deadline: Lub Peb Hlis 1

Yuav tsum sau npe ua ntej. Sau npe online ntawm:

UWRAMadison.org/event-5395054

PHIL HANDS, EDITORIAL CARTOONIST

Hnub Thursday, Lub Peb Hlis 7

10:00–11:30 AM | Online Webinar

Daim ntawv thov Deadline: Lub Peb Hlis 4

Yuav tsum sau npe ua ntej. Sau npe online ntawm:

UWRAMadison.org/event-555199

WEBINAR RECAP

US Economic Outlook

Los ntawm JOAN GILLMAN thiab KAY REUTER-KROHN, cov tswvcuab, COMMITTEE ntawm Cov Nyiaj Txiag Nyiaj Txiag hauv Kev so haujlwm

Kuvn Lub Kaum Ob Hlis, Steve Rick, tus thawj coj thiab tus kws tshaj lij nyiaj txiag ntawm TruStage (yav dhau los yog CUNA Mutual Group), tau nthuav tawm lub vev xaib dav dav txog qhov tshwm sim hauv Asmeskas kev lag luam hauv 2023 thiab qhov nws xav tau hauv 2024.

Txhawm rau tiv thaiv kev nce nqi xyoo dhau los no, Tsoom Fwv Teb Chaws Reserve tau nce cov paj laum nrawm tshaj plaws hauv 40 xyoo, los ntawm 0.07% mus rau 5.35%. Nws kwv yees tias cov paj laum yuav nyob ntawm tus nqi no mus txog lub caij nplooj ntoo hlav xyoo 2024 thiab tom qab ntawd pib txo qis rau lub caij ntuj sov. Tam sim no kev nce nqi nce zus (3.1%), nrog rau lub hom phiaj kev nce nyiaj mus sijhawm ntev ntawm 2.5%. Kev nce nqi siab dua peb tau ntsib hauv peb txoj kev lag luam yog ua rau cov neeg siv khoom tsis txaus ntseeg.

Txawm hais tias qhov kev hloov pauv hloov pauv tau kwv yees kev poob qis txij li Tsov Rog Thoob Ntiaj Teb thib ob, Rick kwv yees "lub sijhawm no txawv," thiab yuav tsis muaj kev lag luam rov qab rau xyoo 2024. Nws tau hais tias kev nce nqi nce ntxiv mus, cov kev pabcuam tau ua. zoo heev, thiab kev lag luam Tshuag tau nce rau lub Kaum Ob Hlis los sau cov qib-tag nrho cov ntsuas los txhawb kev kwv yees tsis muaj kev poob qis.

Cov nyiaj poob haujlwm tam sim no yog qis ntawm 3.7%, nrog rau tag nrho lub hom phiaj ua haujlwm ntawm 4.5%. Qhov no txhais tau hais tias kev thov ua haujlwm ntau dua li cov khoom siv ua haujlwm. Xyoo no tseem yuav pom kev tsis txaus ua haujlwm thiab kev sib cog lus hloov pauv rau cov neeg ua haujlwm. Kev lag luam kev ua haujlwm yuav txuas ntxiv mus ntxiv nrog ntau txoj haujlwm

kev qhib uas yuav ua rau cov nyiaj ua haujlwm siab dua thiab kev ua haujlwm qis dua.

Hauv cov ntsiab lus, Rick qhov kev kwv yees rau kev lag luam rau 2024 yog:

- kev lag luam qeeb
- tus nqi poob qis rau ob xyoos tom ntej no
- Tus nqi poob haujlwm yuav nce mus rau tus nqi ntawm 4.5%
- Cov paj laum luv luv yuav nyob siab dua cov paj laum ntev.

UWRA ua tsaug ntau rau qhov kev nthuav qhia raws sijhawm thiab zoo heev los ntawm Steve Rick ntawm peb qhov kev xav txog kev lag luam hauv xyoo tom ntej. Nws lub webinar tau muab rau peb kom nkag siab zoo txog ntau yam uas cuam tshuam rau yav tom ntej ntawm Asmeskas kev lag luam.

Zuag qhia tag nrho, nws qhov kev kwv yees yog qhov kev pom zoo ntawm peb txoj kev lag luam nyob rau hauv txoj hauv kev kom tsis txhob muaj kev poob qis hauv 2024.-

Mus ntsib UWRA lub vev xaib (UWRAMadison.org) tom qab ntawd xaiv [Resources/Presentations/2023-24 Sep-Dec](#) kom pom ib daim vis dis aus thiab PDF ntawm cov slides rau qhov kev nthuav qhia no.

Kev sau npe online rau UWRA ntawm tus kheej cov xwm txheej thiab Zoom webinars yooj yim, tab sis cov tswv cuab kuj tuaj yeem xa email UWRA chaw ua haujlwm ntawm retireassn@mailplus.wisc.edu los yog hu rau 608-262-0641 rau npe rau cov xwm txheej.


Webinar txuas thiab cov ntaub ntawv hu tau suav nrog kev lees paub kev sau npe thiab kev ceeb toom xa email rau cov neeg sau npe 7 thiab 2 hnub ua ntej cov xwm txheej.

Xav tau kev pab nrog Zoom? Hu rau UWRA.tech@gmail.com

- TXOJ CAI TSHIAB

UWRA ANNUAL MEMBERSHIP
Kev sib tham, txais tos, & hais lus

Hnub Thursday, Lub Rau Hli 6
4:00–5:30 PM | Hauv Tus Neeg
UW-Madison Arboretum



PARTNERS IN GIVING

Ua tsaug rau koj los ua ib feem ntawm qee yam loj dua

Los ntawm GIANNA TAYLOR, cov koom tes hauv GIVING UNIVERSITY COMBINED CAMPAIGN COMMITTEE

On sawv cev ntawm Cov Neeg Koom Tes hauv Kev Sib Koom Tes, Kuv ib zaug ntxiv rau kuv ua tsaug rau UWRA zej zog. Raws li Lub Ib Hlis 3, UW-Madison (xws li UWRA cov neeg pub dawb) twb tau ua siab dawb pab yuav luag \$1.1M rau lub xyoo no, thiab ze li \$1.9M thaum koom nrog peb lub Xeev thiab UW Health koom tes. Ib feem tseem ceeb ntawm kev ua tiav ntawm peb qhov kev sib tw txhua xyoo cuam tshuam txog kev koom tes ntawm cov neeg so haujlwm - peb ua tsis tau yam tsis muaj koj!

Tseem muaj sijhawm muab, thiab xyoo tshiab yog lub sijhawm zoo los koom. Kev koom tes yog wel-tuaj txog lub Tsib Hlis 14, 2024. As me ntsis li \$1 / hli tuaj yeem txhawb nqa Cov kev pabcuam tseem ceeb uas peb cov neeg zej zog vam khom rau zaub mov, kev kho mob, tsev-hauv, kev ua haujlwm, kev pabcuam kev puas hlwb, thiab lwm yam. Koj xaiv qhov twg los koj cov nyiaj, txhawb nqa tsuas yog cov laj thawj thiab cov koom haum uas koj nyiam tshaj plaws.



Lub website, muab.wi.gov, tso cai rau koj mus:

- pub dawb online nrog daim npav rho nyiaj lossis daim debit (nyem rau cov neeg laus laus hauv qab DONATE tam sim no, sab xis sab xis)
- sau npe kom tau txais cov ntaub ntawv phiaj xwm ncaj qha rau koj tus email lossis hauv tsev (nias Txog, tom qab ntawd Muab hauv Retirement or give.wi.gov/about-us/giving-in-retirement)
- Kawm paub txog cov kev pab cuam uas koj txhawb nqa khoom plig (nyem rau Charities)
- Kawm paub txog qhov cuam tshuam koj qhov nyiaj pub dawb tuaj yeem muaj (nias Vim li cas pub dawb)
- saib tag nrho cov kev xaiv muab, suav nrog los ntawm kev xa ntawv xa tuaj (nias Yuav Ua Li Cas Muab).

Ua tsaug rau koj qhov kev txhawb nqa dav dav ntawm Partners hauv Giving. Zoo siab txais tos koj thiab koj tsev neeg kom muaj kev zoo siab thiab noj qab nyob zoo hauv lub xyoo tshiab.-

UNIVERSITY Roundtable

Roundtable Speaker yuav hais txog kev hloov pauv huab cua hauv Wisconsin

LOS NTAWM LESLEY FISHER, CHAW UA HAUJ LWM NTAWM COV TUB NTXHAIS KAWM NTAWV CHAW UA HAUJ LWM

Hpuas yog huab cua hloov pauv hauv Wisconsin? Nws yuav ua li cas rau peb? Thiab, Wisconsin ua dab tsi los npaj rau kev hloov pauv huab cua yav tom ntej?

Wisconsin Initiative on Climate Change Impacts (WIC-CI) tau pab Wisconsin teb cov lus nug no tau ze li ntawm 17 xyoo. Daniel Vimont, tus xibfwb ntawm atmospheric thiab dej hiav txwv sciences thiab co-director ntawm WICCI, yuav muab ib tug saib xyuas



ntawm qee qhov ntawm WICCI txoj haujlwm thiab nws lub tswv yim lees paub hauv lub tebchaws rau kev coj cov zej zog ua ke los txheeb xyuas thiab ua tiav cov kev daws teeb meem hauv lub ntsej muag ntawm peb cov kev hloov pauv huab cua.

Lub Tsev Kawm Ntawv Roundtable no noj su thiab tham yuav muaj nyob rau hauv Varsity Hall hauv Union South, 11:45 AM – 1:00 PM rau lub Plaub Hlis 10. Tus nqi sau npe yog \$15 thiab suav nrog puas su. Kev sau npe thiab kev them nyiaj yuav tsum tau txais ua ntej; yuav tsis muaj hnuv sau npe. Hnuv kawg rau npe yog Lub Peb Hlis 26. Sau npe ntawm:

talent.wisc.edu/Catalog/Default.aspx?CK=77420

Yog tias koj muaj tswv yim rau cov neeg hais lus rau University Roundtable lossis cov lus nug txog qhov kev zov me nyuam, contact Lesley Fisher ntawm roundtable@soas.wisc.edu los yog 608-263-1011 ib.-

VIM LI CAS THIAJ LI

Oakwood Village University Woods (ib lub zej zog saib xyuas laus hauv Madison) zoo siab tos txais cov neeg tuaj yeem pab dawb, cov neeg tuaj yeem pab dawb los pab peb cov neeg nyob hauv kev nkag mus thiab los ntawm kev pab cuam thoob plaws hauv tsev kawm ntawv, thiab cov neeg tuaj yeem pab dawb rau qee qhov chaw ua haujlwm. Yog tias koj lossis ib tus neeg koj paub tej zaum yuav txaus siab, hu rau tus kws saib xyuas haujlwm pab dawb

Kim Viney ntawm 230-4238 or kim.viney@oakwoodvillage.net. Muaj ntau txoj hauv kev, thiab.-

UA NTEJ UA NTEJ

Kev Tiv Thav Kev Noj Qab Haus Huv

Los ntawm ANN DODGE

Kuvyug hauv Seattle thiab loj hlob hauv Madison. Kuv thawj txoj hauj lwm yog ua ib tug luv luv-order grill ua noj thaum muaj hnuv nyoog 15 ntawm Schwoegler's Bowling Alley. Tom qab tau txais kuv daim Bachelor of Science degree hauv kev saib xyuas neeg mob hauv Duke University hauv 1980, kuv tau ua haujlwm hauv kev saib xyuas menyuum yaus hauv University of Minnesota Tsev Kho Mob. Kuv yog ib feem ntawm pab pawg me nyuam thaum muaj xwm txheej ceev thauj huab cua, ua haujlwm rau thaj tsam tsib lub xeev suav nrog cov kev txwv tsis pub muaj neeg Native American. Tom qab ntawd kuv tau ua haujlwm rau 12 xyoos ua tus kws saib xyuas mob ntsws pulmonary/asthma-allergy Clinical research coordinator ntawm University of Wisconsin/American Family Children's Hospital.

Xyoo 2009, kuv kawm tiav Master of Science hauv Pediatric Nurse Practitioner Program ntawm UW-Madison School of Nursing. Kuv lub luag haujlwm NP yog nyob rau hauv kev tiv thav menyuum yaus. Peb cov neeg mob muaj kev pheej hmoo mob plawv ntau dua li lawv cov phooj ywg vim yog tsev neeg keeb kwm, suav nrog kev haus luam yeeb; kev kho mob, xws li lipids txawv txav, ntshav qab zib, lossis tsev neeg hypercholesterolemia (FH); los yog rog. Kuv kuj tau mob siab rau lub sijhawm los qhia cov tub ntshais kawm hauv UW-Madison Nurse Practitioner program txog kev mob lipid rau menyuum yaus, nrog rau kev qhia lawv hauv kev kho mob.

Ib tug ntawm tsib tus menyuum twb tau nce ntshav lipids. Kev tshuaj ntsuam lipid kuj tseem qhia txog ib tus ntawm 250 tus menyuum yaus uas muaj cov kab mob caj ces FH ntxov txaus los tiv thav qhov mob-feem ntau mob plawv thaum ntxov- uas FH feem ntau ua rau. American Academy of Pediatrics (AAP) tau tshaj tawm cov lus qhia rau kev tshuaj ntsuam lipid ntawm cov menyuum hauv xyoo 2011, uas ua rau cov niam txiv ntau tus koj lawv cov menyuum mus rau Pediatric Preventive Cardiology Clinic (PPCC). Peb pab pawg tshawb fawb nyob rau hauv Dr. Amy Peterson tau luam tawm ntau tshaj 25 cov ntaub ntawv hais txog cov ncauj lus ntawm cov neeg mob lipid tsis zoo.

Txij li thaum so haujlwm kuv tseem ua haujlwm hauv kev noj qab haus huv



kev tawm tswv yim. Kuv tab tom ua tus thawj koj ntawm American Heart Association's Wisconsin Advocacy Committee txog cov teeb meem xws li kev tswj hwm kev haus luam yeeb, kev cob qhia CPR rau cov tub ntshais kawm theem siab, thiab 911 kev cob qhia rau CPR. Kuv kuj tau lees txais lub luag haujlwm ua tus saib xyuas neeg mob rau lub ntiav teb Family Heart Foundation, qhov uas kuv yuav pab cov neeg mob thiab cov tsev neeg tsis ntev los no tau kuaj pom tias muaj kev phom sij rau lub neej uas cuam tshuam txog cov roj cholesterol hauv cov txheej txheem taug kev los ntawm kev nrhiav tus kws tshaj lij, piav qhia txog kab mob, tshuaj xyuas lwm tus neeg hauv tsev neeg, thiab pab nrog kev npaj kho mob. Tsis tas li ntawd, kuv tab tom qhia txog UW-Madison cov tub ntshais kawm qib siab hauv tsev laus.

Raws li kuv saib kuv niam hnuv nyoog 94 xyoo uas muaj Alzheimer's hnyav, kuv tseem npaj siab hloov cov lus qhia kho mob ua ntej kom tso cai rau tib neeg xaiv txoj hauv kev uas lawv tau saib xyuas thaum muaj kev dementia hnyav. Muaj ntau txoj kev xaiv muaj feem xyuam rau kev dementia hauv daim ntawv qhia kev kho mob ua ntej, xws li kev xaiv tsis kam pub mis, yuav tiv thav kev txom nyem loj.

Qhov zoo tshaj plaws ntawm kuv cov nyiaj laus yog siv sij hawm ntau nrog tsev neeg nrog rau peb cov xeeb ntxwv! Lub frosting ntawm kuv lub ncuav mog qab zib so yog pickleball! Ib yam dab tsi uas yuav ua rau koj xav tsis thoob txog kuv yog tias kuv nyob hauv pab pawg ua luam dej sib tw ntawm Duke University.-

— UWRA yog koj lub network hauv kev so haujlwm!

ACTIVITIES IN RETIREMENT

Qhia Koj Txoj Kev Hlub!

Tnws Cov Kev Ua Si hauv Cov Nyiaj Laus Laus tab tom so lub hlis no, tab sis peb xav hnov txog koj qhov kev nyiam ua haujlwm, kev ua haujlwm pub dawb, lossis lwm yam haujlwm hauv kev so haujlwm. Yog tias koj txaus siab koom nrog cov ntaub ntawv hais txog kev ua haujlwm so haujlwm nrog cov phooj ywg so haujlwm, thov email kab ntawv tus kws kho mob scott.h.hildebrand@gmail.com . Peb yuav xa koj cov ntaub ntawv hais txog cov lus suav, hnuv kawg, thiab cov duab nrog rau ob peb nqe lus nug kom koj pib. Peb tos ntsoov yuav pab koj qhia koj cov dab neeg txog kev nthuav dav hauv kev so haujlwm!-

Lub Kaum Ob Hlis 1-31, 2023

Peb zoo siab txais tos cov tswv cuab tshiab

Nancy Depcik

McSean McGee, Zoo heev
Lakes Bio-zog

Chaw Tshawb Fawb

Sandy Roof, Kev saib xyuas mob

Wendi Ceev,

Agricultural thiab Lub Neej

Kev tshawb fawb

Diane Thomson,

Great Lakes Bio-zog

Chaw Tshawb Fawb

Diane Turner, Pediatrics

Mark Wetter, Botany

DAY TRIP RECAP

Jersey Boys ntawm Fireside Theatre

Los ntawm ELAIN ROSENBLATT, UA MEMBER



Wkaus mom zoo siab

hnuv peb muaj nyob rau lub Ib Hlis 4th! Peb tau txais tos ntawm lub tiaj ua si & caij tshab thiab muab peb lub npe cim npe. Thaum peb lub npav tuaj txog ntawm Fireside Theatre hauv Fort Atkinson, peb tau coj mus rau peb lub rooj noj su thiab tom qab ntawd muaj sijhawm mus kav khw lossis haus dej ntawm qhov chaw lom zem.

Kuv tuaj yeem tshaj tawm tias cov puas noj thiab kev pabcuam zoo heev.

Qhov chaw ua yeeb yam yog nyob rau hauv ib puag ncig, nrog rau theem zoo kawg nkaus uas tuaj yeem nce thiab nqis. Kev tsim khoom yog *Jersey Cov Tub*, uas coj rov qab nco. Cov yeeb yam tau zoo kawg nkaus - lub suab zoo, hnav khaub ncaws zoo, kev ua yeeb yam zoo nkauj. Nov yog zaum peb pom *Jersey Cov Tub*, suav nrog tus thawj ntawm Broadway, thiab kuv zoo siab los ntawm qhov kev ua tau zoo.

Tag nrho cov kev mus ncig tau teeb tsa zoo heev, txawm tias ua kom peb lub hnav ntim khoom ua kom rov qab mus rau lub npav. Ua tsaug rau UWRA thiab Verona Senior Center rau kev sib koom tes, kev npaj, thiab npaj kev mus ncig no. Kuv mam li yuav tau tshawb xyuas cov kev mus ncig yav tom ntej!-

Retired and Senior Volunteer Program of Dane County

Where Volunteers make a Difference



RSVP helps Dane County thrive:

- Recruiting and personally placing volunteers, ages 55 and older, who deliver priority services to people of all ages.
- Connecting volunteers to meaningful work in up to 70 nonprofits, agencies and schools across Dane County.
- Providing rides and delivering meals to seniors and veterans.

Each year over 1,200 RSVP volunteers contribute more than 143,000 hours of service!

**Help create a new tomorrow...
Join the volunteer force making a difference in Dane County**

Call 608-441-7891 or visit rsvpdane.org today



REFLECTIONS

Yog thaum xub thawj koj tsis ua tiav, nco ntsoov tias koj tsis tau!

Los ntawm MARY BARNARD RAY

Mib lub hlis dhau los, kuv tau hais hauv kab ntawv no tias kuv muaj teeb meem kho qhov tshiab



hom ntawv rau Sudoku hauv ntawv xov xwm. Zoo siab, kuv Thaum kawg kov yeej cov teeb meem thiab tuaj yeem ua tiav cov kev sib tw ntxiv tshwj tsis yog tias kuv yuav tsum luam cov ntawv nyuaj tshaj plaws rau hauv daim ntawv yog li kuv muaj chaw ua haujlwm ntxiv. Kev ua siab ntev, lossis tawv ncauj, qee zaum

them tawm. Tab sis kev kov yeej cov teeb meem no tau ua rau kuv xav tsis thoob tias qhov twg nyuaj rau kuv thawj zaug.

Qhov ntawd zoo li yog qhov tshwm sim tsis tu ncu: ib yam dab tsi zoo li tsis yooj yim kom txog thaum koj pom nws, thiab tom qab ntawd koj tseem xav tsis thoob vim li cas nws nyuaj heev. Peb tus tub hlob, uas nyiam qhov kev ua si Mario Brothers rov qab rau hnuv, siv los yws txog qib nyuaj txog thaum nws kov yeej lawv. Txij thaum ntawd los, nws tau xa mus rau cov qib no ua "simps." Ib qho piv txwv zoo sib xws yog kev yug menyuam. Kev yug tus tub hlob yog qhov nyuaj heev thiab, nws hloov tawm, txaus ntshai heev rau nws. Tab sis tom qab nws tuaj txog nyab xeeb thiab peb ob leeg tau zoo los ntawm peb tus kab mob, kuv tsis nco qab txhua yam ntawm qhov kev paub no, vim kuv tus txiv thiab kuv tau mus muaj ob tug menyuam ntxiv. Kuv tabtom kwv yees tias kev tsis nco qab yug menyuam yog ib txwm muaj, lossis yuav muaj ntau tsev neeg muaj menyuam hauv ntiaj teb.

Forgetfulness, nws hloov tawm, yog ib qho tseem ceeb mechanism rau kev lom zem lub neej. Yog tsis muaj nws, kuv yuav tsis tau kawm nyiam pizza, vim tias thawj pizza kuv sim, rov qab rau thaum ntxov 60s, yog qhov phem heev. Muaj ob peb ntawm kuv cov phooj ywg tau muaj sia nyob ntau xyoo vim yog kev tsis nco qab txog cov tswv yim, thiab tsis yog ntawm kuv feem. Tsis nco qab thawj zaug sim ntawm ib yam dab tsi tau ua rau kuv muaj kev lom zem ntawm snorkeling, nceb, daim ntawv nthuav qhia, thiab broccoli. Tab sis tsis yog



peas. Tseem tsis tuaj yeem zam tau peas. Thiab kuv yeej tsis tau muab downhill skiing ib zaum ob sim.

Txawm li cas los xij, kuv yuav pib xav txog kev tsis nco qab yog ib qho khoom muaj nqis. Thaum kuv laus lawm, kuv zoo li yuav tsis nco qab lawm, yog li kuv xav tau txhua yam zoo uas kuv tuaj yeem tau txais.-

ATTIC ANGEL ASSOCIATION

Lub Ob Hlis Tham ntawm Attic Angel

Tnws Kev Kawm Txuas Ntxiv ntawm Attic Angel Association, qhib rau pej xeem, muaj nyob rau hnuv Monday sawv ntxov ntawm Attic Angel Place, 8301 Old Sauk Road, hauv Middleton. Kas fes tau txais kev pab thaum 10:00 AM thiab qhov kev pab cuam pib thaum 10:30 AM Tsis muaj nqi, thiab tsis tas yuav tsum tau.

Lub Ob Hlis 5Txo kev poob qis thiab ua kom lub tsev muaj kev nyab xeeb dua kom txo tau kev pheej hmoo Tina Heikens, Tus Saib Xyuas Kev Kho Mob, Attic Angel Community

Lub Ob Hlis 12Trauma-Informed Teaching: Teb rau Tus Kab Mob Sib Kis Joan Lampert, MSW, Ed. D., tus kws qhia ntawv txuas ntxiv, Division of Education & Child Life, Edgewood College

Lub Ob Hlis 19Lake Ice Seasonality Qhia Peb Txog Kev Hloov Kev Nyab Xeeb Li Cas? John Magnuson, tus xibfwb qhia ntawv, Department of Integrative Biology thiab tus thawj coj emeritus, Center for Limnology, UW-Madison

Lub Ob Hlis 26Tsim kom muaj Lub Tsev Kawm Ntawv Qib Siab rau Cov Tub Ntxhais Kawm Tsis Taus Marissa Blackmore, Cutting-Edge Practicum Coordinator, Edgewood College-

BOOK MARKS

Koom nrog UWRA Book Club?

Los ntawm LAURIE MAYBERRY, BOOK MARKS COLUMN COORDINATOR

NTawm no yog ntau hom phau ntawv koom haum, feem ntau tau teeb tsa raws li pawg xws li ib hom ntawv, hloov kho, lub ntsiab lus, classics, tsoos, virtual, lossis tus sau. Kuv tshwm sim rau ob hom. Ib qho yog ib txwm muaj thiab ntsib tus neeg ntawm ib tus neeg saib xyuas lub tsev (tshwj tsis yog lub sijhawm muaj kev sib kis thaum peb ntsib hauv online) thiab suav nrog lub sijhawm sib tham, sib tham hauv phau ntawv, thiab noj hmo. Lwm qhov yog ib pab pawg Facebook ntiag tug uas kuv tau caw tuaj koom thaum qhov siab ntawm COVID.

Pawg Facebook yog "Kev Sib Tw Nyeem Ntawv" phau ntawv club. Txhua xyoo lub koom haum xa tawm 12 pawg rau txhua tus tswv cuab los nrhiav cov phau ntawv, nyeem lawv, thiab muab cov ntsiab lus luv luv los tshaj tawm rau pawg Facebook. Nws yog feem ntau yooj yim mus nrhiav cov phau ntawv raws li nws tus kheej nyiam, tab sis nrhiav ib phau ntawv nyob rau hauv ib qeb uas tsis tau tshawb nrhiav yav tas los yog ob qho tib si kev sib tw thiab txhais tau tias zoo heev los nrhiav cov neeg sau ntawv tshiab, cov ntsiab lus, thiab cov ntawv nyeem. Piv txwv li, ob peb

ntawm cov pawg uas tau teev tseg tsis ntev los no yog: phau ntawv nrog tsev neeg tsoob ntoo; ib phau ntawv nrog ib zaj nkauj lyric raws li nws lub npe; thiab ib phau ntawv hais txog ib tug neeg ua lub neej ob.

UWRA tau sau nrog cov tswv cuab uas tau nyeem txhua yam, thiab qee qhov ntawm koj tau sau cov lus tshuaj xyuas rau Phau Ntawv Cim hauv peb lub xyoos dhau los. Yog tias koj muaj ib phau ntawv zoo uas koj xav qhia, thov xav tshuaj xyuas nws *Tus Sifter*.

Yog tias koj xav koom nrog tsim UWRA Facebook pab pawg nyeem, thov email rau kuv ntawm laurie.mayberry@wisc.edu . Zoo siab nyeem!-

BREAKFAST NTAWM ELIE'S CAFE

909 E. Broadway, Monona, WI

9:00-10:30 AM Kev sib sau ua ke

Tuesday, Lub Ob Hlis 27

Koom nrog UWRA cov tswv cuab rau pluas tshais (los yog ib khob ntawm tus nqi cof lossis tshuaj yej) ib hlis ib zaug rau kev sib tham. Tsis xav tau kev tso npe.



- UW-Madison Retirement Association Hnub tim-

Mus saib lub UWRAMadison.org lub vev xaib rau kev hloov tshiab thiab ntau yam xwm txheej yav tom ntej.

Cov xwm txheej virtual (V), Cov xwm txheej hauv tus neeg (IP)

- Wednesday, Lub Ob Hlis 14 10:30 AM – NOOB
- Hnub Wednesday, Lub Ob Hlis 21 10:00-11:30 AM dr hab
- Tuesday, Lub Ob Hlis 27 9:00-10:30 AM dr hab

- Tuesday, Peb Hlis 5 10:00 AM – NOOB
- Hnub Thursday, Lub Peb Hlis 7 10:00-11:30 AM dr hab
- Hnub Saturday, Lub Peb Hlis 9 1:00-3:00 IB
- Hnub Monday, Peb Hlis 18 8:00 – 5:30 p.m
- Tuesday, Peb Hlis 26 9:00-10:30 AM dr hab

- Hnub Thursday, Plaub Hlis 11 10:00 AM - NOOB
- Hnub Thursday, Lub Rau Hli 6 4:00 – 5:30 p.m
- Friday, Lub Yim Hli 30 9:00 Nws
- Hnub Sunday, Kaum Hli 27 9:00 Nws

Webinar: *Long-Range Development Plan, West Campus*(V)
 Webinar: *Txoj Kev Siv Kev Qhia Txuj Ci*(V) UWRA Noj tshais ntawm Elie's Cafe(IP)

Webinar: *Av Planning & Assisted Living*(V) Webinar: *Phil Hands, WSJ Editorial Cartoonist*(V) Kev hais kww txhiaj, ncig saib, & txais tos ntawm UW Hamel Music Center(IP) Day Trip: Harley Davidson Tsev khaws puav pheej & Mitchell Park Domes(IP) UWRA Noj tshais ntawm Elie's Cafe(IP)

Webinar: *Txhua xyoo ETF & SWIB Hloov tshiab*(V) Lub Rooj Sib Tham Txhua Xyoo Cov Tswv Cuab, Txais Tos, & Hais Lus(IP) Tawm ntawm *Tshawb nrhiav Colorado Rockies* Ncig teb chaws(IP) Tawm ntawm *Tshawb nrhiav Sunny Portugal* Ncig teb chaws(IP)

Yog xav paub txog cov xwm txheej, pawg thawj coj saib xyuas thiab pawg neeg sib ntsib, thiab hnub kawg rau *Tus Sifter*, mus saib UWRAMadison.org.

Yog xav paub ntiv txog PLATO mus ncig ua si, mus saib Platomadison.org/page-18561.

LUBSIFTER

UWRAMadison.org
UW-Madison Retirement Association c/o
Division of Continuing Studies 21 North
Park Street, Room 7205 Madison, WI
53715-1218

Nonprofit
Organization
US Postage
PAID
UMS

Tsiv los yog Tsiv?

Tus Sifter yuav tsis cia li xa mus los ntawm Postal Service. Thov siv email, xa ntawv tsis tu ncu, lossis mus saib peb lub vev xaib kom muab koj qhov chaw nyob tshiab rau peb kom koj tuaj yeem tau txais txuas ntxiv *Tus Sifter* ua ntu zus.

LUBSIFTER

EDI TOR • [Sheila Leary](#)

COLUMNIST, *Kev xav* • [Mary Barnard Ray](#)

COLUMN COORDINATORS

Ntsib ib tug tswv cuab • [Crescent Kringle](#)

Cov dej num hauv Kev Soj Ntsuam • [Scott & Lisa Hildebrand](#)

Phau Ntawv Cim • [Laurie Mayberry](#)

UW-MADISON RETIREMENT ASSOCIATION Lub

Vev Xaib: UWRAMadison.org Xovtooj:

608-262-0641

Email: retireassn@mailplus.wisc.edu

BOA RD PR ES I DEN T • [Tom Broman](#)

PR ES I DEN T-EL ECT • [Laurie Mayberry](#)

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[Jordan Hanson](#) • [Scott Hildebrand](#) • [Cathy](#)

[Middlecamp](#) • [Kevin Niem](#) • [Jurgen Patau](#)

• Cov neeg ua haujlwm hauv tsev kawm ntawv sawv cev: tsis muaj

NTAWM NO

UWRA Hamel Music Center Event **p. 1**

Day Trip: Zoo heev Milwaukee **p. 2**

Webinar: *Txoj Kev Siv Kev Qhia Txuj Cip* **p. 3** Pub dawb rau

Open Seat Food Pantry **p. 3** Webinar: *Development Plan,*

West Campus **p. 4** Webinars: *Reimagining Retirement* **p.**

4

Webinar: *Daim Ntawv Cog Lus Hauv Tsev Retirement & Estate*

Plans **p. 5** Webinar: *Phil Hands, WSJ Editorial Cartoonist* **p. 5**

Webinar Recap: *US Economic Outlook* **p. 6** UWRA Txhua Xyoo Cov

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