



RETIREMENT ASSOCIATION

University of Wisconsin-Madison

UW-Madison Retirement Association 2019-20 Retirement Opportunities Committee (ROC) Report Susan Fischer and Mary Beth Plane, Co-Chairs

The 2019 UWRA Challenges and Opportunities Committee met faithfully throughout the year and was highly productive. In the middle of the year the committee voted to shorten our name to UWRA Retirement Opportunities Committee (ROC) pledging to continue a focus on health challenges issues along with the many opportunities that we can access.

During the year, the ROC sponsored 4 in person programs; sadly, the second half of the year's programs were cancelled due to the Covid-10 pandemic. One of the programs was held at the Monona Community Center, a new venue for UWRA. While we had to pay a small fee for this location, attendees living east of the Capitol appreciated the shorter commute. A listing of programs is included at the end of this report.

ROC member Mary Metz introduced a feature idea for *The Sifter*; new things our members are doing in retirement that are unrelated to their careers on campus. Feedback has been quite positive to these articles written by various UWRA members. A listing of the articles and authors is included at the end of the report.

ROC continues to sponsor the monthly East and Westside Breakfasts which unfortunately had to be placed on hold after February 2020 and will not happen in person again until the COVID virus is reduced sufficiently to be safe for members to gather. We successfully experimented with a virtual breakfast in June when members from both of the breakfast groups met online.

With the new health reality and our inability to meet in person, the committee is becoming more accustomed to doing our work in a virtual manner. We are however seeing a silver lining with this unfortunate COVID situation. Those programs that can be presented virtually become more available to our membership, who for a variety of reasons (distance, travel issues or health) may not be able to attend in-person programs. So ROC is getting on board with some help from our Tech Teams and UWRA leadership.

2019-20 ROC members were Patricia Carol, Jeanne Stublaski, Mary Metz, Sarah Potts, Millard Susman, James Stratton, Faisal Kaud, Gary Mitchell, Michelle Mickelson, Bob Jokisch, and Wendy Way. We are sad to say that members Pat Carol, Jeanne Stublaski, Michelle Mickelson, and Mary Metz are rotating off ROC at the end of the 2019-20 year; we are grateful for their years of good work and service to our membership.

We do welcome Tom Eggert and Sharon Kluender to ROC and are well on our way to a productive 2020-21.

UWRA ROC Presentations 2019-20:

Enjoying our best mental health as we age

Diet and the Aging Eye

I am NOT old enough!!! 27 stages of moving to a retirement community

Wisconsin wildlife rehabilitation: caring for sick and injured animals

UWRA ROC *New Activities in Retirement* feature in *The Sifter* 2019-20

- Researching history and memoir writing--Jo Ann Carr
- Running for local office after retirement --Bob Jokisch
- Being a part-time Town Administrator--Sheila Spear
- Working with Wildlife Rehab--Cathie Easter
- Adjusting to retirement with art--Tracy Wiklund
- Adjusting to retirement by starting a small business--Ruthi Duval
- Adjusting to retirement: rock-hounding and archaeology-- Richard "Dick" Burgess
- Adjusting to retirement: becoming a musician-- Karen Holden