

The SIFTER

A NEWSLETTER OF THE UW-MADISON RETIREMENT ASSOCIATION

on the web at <http://uwra.wisc.edu>

phone 608-262-0641 or email retireassn@mailplus.wisc.edu

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RETIREMENT
ASSOCIATION

University of Wisconsin-Madison

March 2016

A new series on resources for living during our “go-go, slow-go, and no-go” retirement years

by Michele Mickelson, Co-Chair, Retirement Challenges Committee

This series of four presentations addresses topics of interest to all of us as we negotiate the different stages of retirement. The four topics covered are as follows:

1. Everyday resources for caring for ourselves or our aging family members
2. Living independently
3. To move or not to move
4. How to get there

Watch *The Sifter* for details on more topics in this series.

How to get there: the moving story of leaving one's home or staying in place

Thursday, April 7, 1:30 to 3:00 p.m.
Capitol Lakes Grand Hall
333 West Main Street

Do you need help with deciding how to think about clutter? Do you need to downsize a book collection outgrowing your shelves? Does your Aunt Sophie's cup and saucer collection consume too much of your cupboard space? Do you still have your baseball card collection from when you were a child? Downsizing these collections might give you more space and peace of mind. You might find a good home for something, or get some value by selling it or getting tax benefits from a charitable contribution.

Or do you need help with deciding which furniture will fit in your new home, physically packing and arranging to move your things, or arranging cleaning before you go? You may want help with unpacking and setting up the new space to make it feel comfortable.

Is there a potential move a few years away? These are just a few of the options you need to consider as you decide to age in place or move to a new home. Join us to

hear an expert in senior planning and moving discuss the many angles that must be considered.

Dawn Eyre owns Segues, a senior move-management firm serving Madison, Milwaukee, and surrounding areas. “Segue” means smooth moves or easy transitions. Dawn is an experienced specialist who will share tips to help you now, in the future, and gradually over time, ranging from sorting or shredding to donating and shipping gifts to family members.

Registration

Advance registration is required. Contact the Association office (see masthead) by Friday, April 1, to register. Seminars are offered free to UWRA members, and members may bring guests who are not members of the Retirement Association. If you plan to bring a guest, please indicate that when you register. If you must cancel, please report it before 11:00 on the day of the program.

Parking

There is a free ramp across the street. Enter off Washington Place (between West Main Street and West Washington Avenue). Push the blue button to obtain a ticket and then park in spaces marked “Capitol Lakes Reserved.” After the program, the Capitol Lakes front desk will validate your ticket. If the gates are open, tickets will not be dispensed, and you will not need one in order to leave.

Financial seminar in March — reminder

by Millard Susman, Co-Chair, Committee on Financial Matters in Retirement

Savvy seniors — keep the golden years in the green

Thursday, March 10, 10:00 a.m. to noon
MGE Innovation Center, University Research Park
510 Charmany Drive, Conference Room 50

This seminar, which deals with financial hazards affecting retirees, was announced in the February issue of *The Sifter* because it takes place unusually early in the month. For details, see the UWRA website or the February issue.

Tech tip: uncheck the checked box

by Sheila Spear, Co-Chair, Electronic Technology Committee

Do you ever have that “oh, why didn’t I know that” feeling? For example, for years I’ve been putting photos in Word documents and putting up with losing my careful placement if I change the text. Now it turns out there were options I didn’t know about, lurking away behind an “advanced” tab in the layout dialog in Microsoft Word for Mac 2011. “Move object with text” was one box, checked unbeknownst to me. Also there was a “placeholder” option that looked useful, not checked. And there were lots more boxes that determined where on the page the picture sits. Why, oh why, didn’t I think to look there before?

Now that I’ve found these options, I plan to play around with them, but I am also trying to learn the more general lesson: find out what else is lurking behind those tabs; don’t be scared of investigating and exploring. That’s what our kids do all the time. I need to learn to imitate them.

Do you have a simple solution or unexpected workaround? If so, do send them to us for inclusion in the Tech Tips column by emailing sspear@wisc.edu or judy.craig@wisc.edu.

Free income tax assistance

by Faisal A. Kaud, Member, Committee on Financial Matters in Retirement

This is the time of the year when income tax preparation starts to get our attention and weighs heavily on our minds as we approach the filing deadline of April 18. This year the Affordable Care Act (ACA) requires taxpayers to report health insurance coverage for themselves and their dependents. This applies to everyone who is required to file a tax return and who is not identified as a dependent on someone else’s tax return.

To ask about the ACA requirements and/or to receive free tax assistance, contact any of these selected centers to schedule an appointment: Sequoya Library 266-6385, Middleton Senior Center 831-2373, Monona Senior Center 222-3415, Pinney Library 224-7100, Lakeview Library 246-4547, or Fitchburg Senior Center 270-4290. For a complete list of sites call United Way 2-1-1.

A travel adventure in Madison

by David Joranson, Member, UWRA

On January 20, a UWRA group visited three historical treasures in downtown Madison. The first stop was the Wisconsin Historical Museum. Our guide showed us everything from how Native Americans survived brutal Wisconsin winters to who from Wisconsin made it to Hollywood, all on three floors packed with fascinating history. The next stop was a convivial lunch at Paisan’s. For many of us, it was a stroll down memory lane as we savored their famous Garibaldi sandwiches and lasagna.

After lunch, the bus took us to the state capitol where we enjoyed an informative tour with an exceptionally good tour guide. The beautiful building has been completely refurbished, including a cleaning of the symbolic paintings in the governor’s conference room. Our guide even arranged for us to observe an important debate on the Senate floor.

The last stop was the Wisconsin Veterans Museum. The Curator of History was enthusiastic and a fount of knowledge. He shared extraordinary stories about the important and sometimes tragic role of Wisconsin in several wars. We had the privilege of visiting the rooms where artifacts are stored in true library fashion. Here we saw a tattered US flag being given the archival treatment. It had only 34 stars; can you guess what year?

We really enjoyed this event, sponsored by the UWRA Travel Committee, which was also attended by several members of PLATO and the University League. The event was well planned and researched, with each site getting an advance visit by a Committee member. The itinerary and details, including the convenience of the bus and elevators when needed, were managed in a friendly, efficient, and relaxed manner.

Join us for breakfast on the East Side!

by Patricia Carol, Member, UWRA Board of Directors and Connections Committee

Our first breakfast on the East Side was a wonderful success. Twenty participants from east and west attended, representing diverse areas of the UW campus. Conversation flowed and so did the coffee. What a great way to meet others, learn more about the other parts of campus, and share common interests. Elie’s Family Restaurant was most accommodating, with a room for our private use and with excellent food and service.

Come join us for the next scheduled breakfast on Wednesday, March 23, at 8:30 a.m. We look forward to meeting you.

ETC says: finding parking space on campus and downtown

by John Helgeson and Hal Winsborough, Members, Electronic Technology Committee

Many of us know that the university supplies emeritus faculty and staff with parking passes good for 24 times a year. But what some may not know is that information on available spaces can be obtained by consulting www.transportation.wisc.edu/home.aspx on the internet. There one can determine if a particular lot, such as Union South (lot 80), Observatory Drive (lot 36) or any of ten others has space available at any given time. This information is continuously refreshed during the day. To get parking information, click on the web site above, and then on "Visitor Parking Availability" under "Quick Tools" in upper left corner of the web home site. Doing this before you leave home can save you time and lower the stress of finding parking.

Similar information for downtown parking can be found at cityofmadison.com/parkingUtility/garagesLots/availability/. Of course, you have to pay to park in city lots. Street parking is also more available than you might think. The new multistage meters also allow you to use a credit card, so there is no searching around for the right change. A map of these slots and more information can be found at www.cityofmadison.com/parkingutility/street/meters.cfm.

Call for nominations

Members who have a recommendation of someone to serve on the UWRA board are invited to submit the names to retireassn@mailplus.wisc.edu before March 8. Feel free to volunteer yourself for consideration by the Nominating Committee. Questions may be submitted to the same address.

Monthly reminders

Westside breakfast at Sofra, 7457 Elmwood Avenue, Middleton, 8:30, March 22, April 18, and May 19.

Eastside breakfast at Elie's, 4102 Monona Drive, Madison, 8:30, March 23.

Reservations are not needed for either location. You are welcome regardless of where you live.

You are the jury! Don't forget to vote in the photo contest

by Millard Susman, Member, Social Committee and Electronic Technology Committee

It will be easy for UWRA members to participate in judging this year's photo contest. You can view the photos on line and submit your votes electronically. Start by linking to the Photo Contest "Review Form" at uwra.wisc.edu/photoupload/loginVoting.php. In order to vote, you will have to enter your username and password. The defaults are:

Lastname: Your last name in lowercase letters
Password: The first 4 letters of your last name (or fewer for those with short names) + your zip code (5 characters) + last 4 digits of your phone number

If you changed your password for the UWRA Directory, your self-assigned new password will also work for the photo contest. All the photos are displayed on a single page, divided by category (People, Landscapes/Cityscapes, and Nature/Wildlife). Choose your favorite picture in each category and click the circle to its left. Enter your first name in the box just above "Submit Form" at the bottom of the page. Then click the "Submit Form" button, and you're finished.

Couples who share a membership can vote separately for their favorite photos. When you log in, you will use your shared username and password. When you "submit" your votes, you will be asked to enter your first name in a box above the "submit" button. That will enable us to record separate votes for two people sharing a membership. If you vote without submitting your first name, the second member of a couple will cancel out the first member's vote.

Please take a few minutes to examine and enjoy the gorgeous photos that have been submitted this year. Then choose your favorite photo in each category — taking into account the following criteria: originality, aesthetic appeal, and quality — and enter your vote. Voting will be open March 1 through March 15. The winners of the contest will be announced at the annual meeting of UWRA members on May 2.

Seeking food pantry nominations

by Dale Burke, Co-Chair, Volunteering Committee

Two years ago, the volunteering committee, with the blessing of the UWRA Board, introduced the practice of designating four local food pantries to receive cash donations from members at our programs. The executive director designates a pantry for each program on a rotating basis with the goal of providing, to the best of our ability, equal access to the generous donations of our membership. The four pantries continue in the rotation for a two year period.

The original four pantries were Bethel Lutheran Church, Grace Episcopal Church, Mt. Zion Baptist Church, and St. Vincent dePaul. These four were chosen from among nominations received by association members with the volunteering committee using factors such as, but not limited to, numbers of people served, service area, minority representation, and whether or not association members were active at the pantry to determine the final four.

This process will again be repeated this spring as the committee prepares to designate a new group of four food pantries to receive members' donations for the next two year period beginning July 1. To ensure that we represent our members and the best interests of those in need in our community, we are asking you to let us know if you have a food pantry that you feel is deserving of our attention and consideration. Please include any accompanying information about the pantry you think would be helpful and any personal relationships you or others have with the pantry along with your nomination. We hope to decide on the next group of four at our April meeting, so we would appreciate receiving your nominations no later than March 31. You can email nomination information to either the executive director, Ann Wallace, at retireasn@mailplus.wisc.edu or to me at dgburke@wisc.edu.

Thanks to all the members who have donated so generously in the past and who we know will do so in the future.

Undergraduate Symposium

by Laurie Mayberry, Assistant Vice Provost

The 18th Annual Undergraduate Symposium will showcase over 400 projects featuring an array of undergraduate creativity, achievements, research, service-learning and community-based research from all areas of study by more than 600 students at UW-Madison. Attend this free event on Thursday, April 14, from noon to 5:00 p.m. in Union South. For more information about the Undergraduate Symposium, student abstracts and the schedule, see learning.wisc.edu/ugsymposium/.

Executive Director's corner

by Ann Wallace

We are pleased to welcome a long list of new members this month. Many are associate members, people whose careers were not at the UW-Madison or the other eligible employers listed in our bylaws. A hearty thank you goes to PLATO, with whom the UWRA has a new cooperative arrangement that permits members of either group to join the other organization's day trips, theater trips, etc. When many PLATO members learned about the benefits of membership in UWRA, they became associate members. Welcome! See Bob Blitzke's column elsewhere in this issue about getting onto his Monday email list to receive details about upcoming PLATO trips.

Elsewhere in this issue you saw references to the Connections Committee. That is the new name for what had been called the Social Committee, whose purview has expanded a bit.

A few helpful tips from the UWRA office

Are you a recent retiree who has not yet requested emeritus status? If so, you can find the procedures for submitting those requests on the Resources page of the UWRA website, uwra.wisc.edu: "UWRA Guide to Emeritus Status."

Many of you have your own personal archive in which you keep issues of *The Sifter*. A simple file folder in your desk or a folder in your email account will enable you to check on details about various programs that are announced each month. Another tool is the Calendar page of the UWRA website, where you can scroll through both past and future events.

The office of the Retirement Association periodically receives calls from people who remember seeing instructions in *The Sifter* on how to order retiree business cards. We can save you a call by directing you to www.uwdoitprintingstore.org. Your \$30 fee will provide 250 cards on white card stock with black type, set off by a red and gold university logo.

Handouts available

We have some handouts from the February 16 financial seminar on "Behavioral Finance: Biases that Influence Investors" by Kevin Spellman. If you would like to reserve one, please email the office with your name and the upcoming program at which you would like to pick it up. Handouts cannot be mailed.

UW-Madison Retirement Association Travel Committee

Horicon Marsh Outing

Thursday, May 5, 2016



Tweet-tweet, chirp-chirp, honk-honk, screech-screech. These are the sounds of Horicon Marsh, home to more than 300 species of waterfowl and wetland animals during spring migration. This 33,000-acre marsh is one of the country's largest freshwater cattail marshes and has been designated an important bird area by the National Audubon Society and a wetland of International Importance by the United Nations. Take a two-hour guided pontoon ride through the marsh, have lunch at the Rock River Tap, and visit the Horicon Marsh Education and Visitor Center and Explorium. This is a new interactive display that engages eyes, ears, and even noses as it tells the story of more than 10,000 years of natural and human evolution and how the current wetland came to be. Other activities at the Visitor Center include a 45-minute (optional) guided walk in the marsh (on gravel and boardwalk paths), interactive displays that tell the story of the marsh, spotting scopes, and, of course, a gift shop.

Notes: Bring your binoculars and cameras.
Dress appropriately for an open-air boat ride and early spring weather.
Indicate dietary and mobility restrictions below.

Deadline for priority registration is **April 15**. Members of the University League and PLATO will be permitted to register if space is available. Maximum of 50 participants. The final deadline for all is April 20. Questions? Call the UWRA office at 262-0641 or Esther Olson at 335-3207.

Leave West Towne Mall – Sears area at 7:30 a.m. – return 5:30 p.m.
Leave East Towne Mall – Shopko area at 8:00 a.m. – return 5:00 p.m.

Cost: \$56/person, including lunch, fees, and gratuities.

UWRA Travel to Horicon Marsh, Thursday, May 5

Name/s (please print) _____

Phone _____ Cell _____

Email _____

Affiliation: UWRA University League PLATO

Lunch choice of one:

- Ham sandwich on a kaiser roll
- Turkey sandwich on a kaiser roll
- Veggie wrap

Served with pasta salad, coleslaw, dessert, and beverage.

Dietary restrictions? _____

Mobility issues? _____

Indicate pick up choice:

- West Towne Mall – Sears area at 7:30 a.m.
- East Towne Mall – Shopko area at 8:00 a.m..

Total enclosed: _____ \$56 per person. Make check payable to UW-Madison Retirement Association and mail to UW-Madison Retirement Association, c/o Division of Continuing Studies, 21 North Park Street, Room 7229, Madison, WI 53715-1218. Mail in time to arrive no later than **April 20**.

Financial seminar reminds members that granting power of attorney is a big deal

by Karen Holden and Karen Goebel, Members, Committee on Financial Matters in Retirement

The CFMR financial seminar on January 19 was remarkably enjoyable, despite its central theme being *memento mori*. **Shanna Knueppel** from the law firm of Murphy Desmond, S.C., discussed three legal forms that should be filled out by anyone who wants to ensure that his or her personal preferences are honored when someone else must make the medical or financial decisions. She emphasized that this situation can arise not just at death, but whenever a person is incapacitated because of illness or dementia.

The completion of a living will, a power of attorney for health care, or a power of attorney for finances is a sobering chore, fraught with risk. Ms. Knueppel discussed the importance of these documents and pointed out issues that must be considered when preparing them. The forms themselves can be downloaded at the following website: www.dhs.wisconsin.gov/forms/advdirectives/index.htm.

If you missed this seminar or want to review Ms. Knueppel's comments, you can find a video recording of the seminar on the Resources/Presentations tab of the UWRA website. We are grateful to UWRA member Frank Boll, who offered to record CFMR seminars as a resource for our members. The Knueppel seminar is the first seminar to be captured in digital form, and we consider it to be an experiment. We invite you to send us your comments on having this video recording as a resource.

Welcome to these new members of the Association

1-9-16 through 2-5-16

Barbara Easton	Paula O'Neal
Melanie Foxcroft	Dave & Anne Parker
Michael Genthe	Martha Phillips
Bob Gersbach	Cheryl Rezabek
Kathleen Mary Gleeson	Kathy Rutlin
Steve Grever &	Chris Schlichenmaier
Deborah Percival	Marc Silberman
Margaret Helin	Stephanie Sorensen
Jim & Linda Hoelzel	Jackie Stang
Heidi Knight	Sheila Timme & Brent Lovejoy
Mary Nick	Myrna Williamson

What history tells: George Mosse on European cultural history, 1860-1918

by William P. Tishler, Senior Media Specialist, Division of Continuing Studies

George L. Mosse, a legendary teacher, taught European history at UW-Madison for over 30 years. Listen to Professor Mosse's 1982 lectures at your own pace through this online course available April 4 through May 15; two lectures are posted each week. These archived recordings of Professor Mosse's have been digitalized and enhanced with images, videos, biographies, and supplemental readings. You will also receive a copy of his memoir, *Confronting History*, and have the opportunity to participate in online discussions. You can register online at go.wisc.edu/mosse. For additional information, contact Kim Seymour: 262-3731 or kimberly.seymour@wisc.edu.

PLATO field trips

by Bob Blitzke, Field Trips Coordinator, PLATO

For list of trips currently accepting reservations, go to platomadison.org/page-18561, then scroll down. For trip updates, new trips and related news, sign up for Field Trips Monday News Brief email newsletter by emailing bblitzke@gmail.com. Or save \$15 per trip and have no waiting period by becoming a PLATO member at platomadison.org/membership. Questions? Contact bblitzke@gmail.com or 271-7741.

Volunteer opportunity

by Mary Cynczak-Lyne, Member, UWRA

Please consider volunteering to work with people who have intellectual disabilities and medical complications and who live at Central Wisconsin Center. Build a relationship with someone who will give you smiles; you will learn as much as you teach. For example, you can join us for *Heart Strings* by members of the Madison Symphony Orchestra the third Wednesday of each month at 3:15 p.m. Take an individual to the performance and enjoy beautiful sounds together. Or you can come on Thursday nights from 6:45 to 8:00 p.m. during the fall and spring semesters, when the UW Badger Volunteers take people to performances. You might visit one on one with someone to read a book, listen to music, or enjoy walks. For more information please contact Jeanne Pagel, Volunteer Coordinator, Central Wisconsin Center – North East Side of Madison, 301-1954.

Add your voice to ASPRO

by Heather McFadden, Chair, Academic Staff Executive Committee

The Academic Staff Professionals Representation Organization (ASPRO) invites retired UW-Madison academic staff to become life members of ASPRO. ASPRO continues to represent the views of academic staff at the state capitol and at UW System. Just \$25 will make you a lifetime member of ASPRO. Contact Kathi Kilgore at 286-9599 or kilgore@swandby.com, or send a membership form (aspro.net/Documents/communications/Join%20ASPRO%202014.pdf) with your check. Thank you for making sure academic staff continue to have a voice.

RSVP Volunteer Open House on April 14

by Paula Reif, Assistant Director, RSVP of Dane County

During National Volunteer Week, RSVP of Dane County is hosting an open house to introduce potential volunteers to the wide variety of volunteer opportunities available in our community. From helping seniors learn how to use the bus, to driving vets to medical appointments, to helping students learn to read—there is an opportunity that may be just right for you. To learn more, we invite you to attend the Volunteer Open House on Thursday, April 14, from 11:00 a.m. to 2:00 p.m. at the RSVP offices, 517 N. Segoe Road, Suite 300, Madison. You can also call RSVP at 238-7787 or visit rsvpdane.org.

Spring 2016 University Roundtable series

by Jake Smith, Office of the Secretary of the Academic Staff

Each semester, the University Roundtable features lunch programs including a presentation by a member of the university community. Roundtable programs are open to members of the university community and their guests. All programs are in Varsity Hall in Union South from 11:45 a.m. until 1:00 p.m.

On April 13, Karen Britland, Halls-Bascom Professor of English, will talk about 17th-century espionage and encryption during the English civil wars. To sign up for this session, go to go.wisc.edu/6wz532. Each luncheon costs \$10, and reservations can be made using the link above. For further details, please visit the University Roundtable page at acstaff.wisc.edu/roundtables.

Stepping on: an evidence-based falls prevention program in Dane County

by Ashley Hillman, Health Promotion Program Manager, Safe Communities

An alarming statistic: Wisconsin's death rate due to falls among the 65+ population is more than twice the national average. The good news: completing the evidence-based program *Stepping On* greatly reduces seniors' falls risk! In Wisconsin, data supports a 50% reduction in falls risk.

This seven-week class series is being offered throughout Dane County this spring. Taught by a trained leader, participants learn balance and strength training and receive a wide range of information. Guest experts share information on the role of vision in balance, how medication and supplements can contribute to falls, ways to stay safe in your home and community, what to look for in safe footwear, and much more. The physical therapist leader or guest expert demonstrates exercises and is available for follow-up. Participants receive an exercise manual along with handouts from this Stanford University-developed curriculum. Most importantly, participants share falls stories, tips, techniques, and support.

Anyone 65 or older who has either experienced a fall or fears falling can benefit from the class. The cost is \$35, which includes instruction, materials, and healthy snacks. Space is limited; call 235-1957 for more information and up-to-date class listings.

Attic Angel continuing education for seniors

The Continuing Education Programs of the Attic Angel Association, open to the public, are held each Monday at Attic Angel Place, 8301 Old Sauk Road, Middleton, WI. Coffee is served at 10:00 a.m. and programs begin at 10:30. There is no charge, and no reservation is required.

Monday, March 7, "Circus: a rich tradition for children of all ages; from the badger state to a present day theatrical experience" by Scott O'Donnell, Executive Director, Circus World

Monday, March 14, "The silent epidemic: a personal story about epilepsy" by Kristin Seaborg, M.D., pediatrician and author of *The Sacred Disease: My Life with Epilepsy*

Monday, March 21, "Stories from fourth lake" by Don P. Sanford, author of *On Fourth Lake: A Social History of Lake Mendota*

The Sifter

<http://uwra.wisc.edu>

UW-Madison Retirement Assn

c/o Division of Continuing Studies

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UWRA Calendar

March 10	Financial Committee	Savvy seniors
March 17	Luncheon Comm. morning program	Teaching classical music
March 17	Luncheon Committee	Justice and mercy in Wisconsin
March 22	Connections Committee	Breakfast at Sofra
March 23	Connections Committee	Breakfast at Elie's
April 7	Retirement Challenges Committee	How to get there
April 18	Connections Committee	Breakfast at Sofra
April 19	Financial Committee	Annual ETF and SWIB update
April 20	Connections Committee	Eating well with diabetes
April 26	Electronic Technology Committee	Computer updates
May 2	Luncheon Committee	Two programs and annual meeting
May 5	Travel Committee	Trip to Horicon Marsh
May 19	Connections Committee	Breakfast at Sofra

For more about UWRA and for some program information, please visit our website at uwra.wisc.edu.