

The SIFTER

A NEWSLETTER OF THE UW-MADISON RETIREMENT ASSOCIATION

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

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How to keep your data safe!

by John Helgeson, Member, Electronic Technology Committee

The Electronic Technology Committee is sponsoring a program on computer security on **October 19 from 1:30 to 3:00 p.m.** at Oakwood Village University Woods. Please note that the program has been changed from October 21 to October 19!

Nicholas Davis, the Chief Computer Security Officer for UW System Administration, will present his views on how to protect your computers, laptops, smart phones, etc., from hackers, scammers, and those who wish to install malware on your digital devices. Nick talked to UWRA members last fall on computer security, and the 100 or so attendees were very pleased with the presentation. But that was last year, and the hackers have been busy finding new ways to get your vital information. Nick will talk for about one hour, and then there will be an open question period for half an hour.

The program will be in the Arts and Education Center at Oakwood, 6205 Mineral Point Road on Madison's west side. Free parking is available on the campus. Although there should be room for all who wish to attend, it would be helpful if you could register beforehand by calling the UWRA office (608-262-0641) before October 13. This would allow us to prepare enough handouts for all.

Enter the grounds at the traffic light at Island Drive and Mineral Point Road. Underground parking is available by veering left when you enter Oakwood. Take a right at the green sign that says "Heritage Oaks Parking." When you approach the parking garage door, push the red button and alert the receptionist that you are there for a UWRA program. You may park in any parking spot other than those marked "reserved." Take the elevator to the first floor. You may also park in a surface visitor parking spot (marked spaces along the drive and on up the hill to the large lot).

Preserving your family's memories: getting started with your photos, slides, and films

by Judy Craig, Co-Chair, Electronic Technology Committee

Encore ETC program opportunity! Last spring the Electronic Technology Committee offered a program to help the large number of UWRA members who are wondering where and how to start with all those family or professional photographs, slides, filmstrips, and videos cluttering our space. As described in the February 2015 *Sifter*, this presentation aimed to "focus on what can be preserved, how to get started, and how to store old media and video memoirs . . . [as well as] provide a brief history of popular audio and video formats." The presenter was **Joyal Holder**, from Holder Printworks.

So many members were interested in the topic that we repeated it later in the spring, and now we're happy to let you know that if you missed it then or simply want to learn a little more, you'll have another chance on **Monday, October 12, at 3:00 p.m.** at Oakwood Village University Woods, 6205 Mineral Point Road, in the Arts and Education Center (aka the auditorium). For directions, see previous article.

This program is offered for residents of Oakwood Village as well as UWRA members. If you have questions, please contact the UWRA office (see masthead). Reservations are not required.



It'll be fine once we add the music.

Reminder--golf outing on September 30

by Jan Richardson, Chair, Social Committee

Just a reminder: Come play nine holes of golf with other UWRA members and friends at Odana Hills Golf Course, Wednesday morning, September 30. Fees will be individually paid at the golf course, and members may bring a guest. Join us in the clubhouse afterwards and order lunch off the menu.

Please email your registration before September 26 to retireasn@mailplus.wisc.edu or mail it to the UW-Madison Retirement Association, c/o Division of Continuing Studies, 21 North Park Street, Room 7229, Madison, WI 53715-1218. Include your name and the name of your guest, your email address, and your phone number. We will notify you of your tee time on or before September 28.

Financial seminar on annuities

by Kathleen S. Irwin, Co-Chair, Committee on Financial Matters in Retirement

October 20, 2015, 10:00 a.m. – noon, Grand Hall, Capitol Lakes, 333 West Main Street

Considering investing in an annuity? Learn what you need to know about annuities before deciding.

Annuities have experienced a significant growth in sales as they have become more popular in the marketplace, but are they a good investment for everyone? What are the advantages and pitfalls? Are they regulated? If so, how? What are the types of annuities? What are the questions you need to ask?

These are some of the many questions about annuities that **Robin Jacobs**, attorney with the Office of the Commissioner of Insurance, will answer. During her four years at OCI, Ms. Jacobs has taken action against several insurance companies and agents for failing to adhere to the state's laws and regulations governing annuities. She will explain what annuities are and how they differ, advantages and disadvantages, and what you as a consumer need to know to protect yourself and your investment.

The food pantry recipient for this event will be **Bethel Lutheran Church**. Both cash and checks made payable to Bethel will be accepted.

Advance registration is required. Contact the Association office (see masthead), by Friday, October 16 to register. Financial seminars are offered free to UWRA members, and members may bring guests who are not members of the Retirement Association. Please indicate that you plan to bring a guest when you register.

Swallowing matters!

by Linda Shriberg, Chair, Retirement Challenges Committee

October 26, 2015, 2-3:30 p.m., Grand Hall, Capitol Lakes, 333 West Main Street

Do beverages “go down the wrong pipe” a bit more frequently? Do you notice increased coughing or throat clearing during or after meals? Do popcorn kernels “get stuck” in your throat? Swallowing (or *dysphagia*) matters throughout the entire lifespan and is a complicated process that changes from birth to old age. While 18 million American adults and millions of children suffer from swallowing disorders, many people do not realize the risks for devastating health changes, particularly pneumonia, dehydration, and malnutrition. Current treatments that are available to improve or restore swallowing function are sometimes effective but not generally evidence based.

Aging is a major risk factor for swallowing disorders. These disorders can reduce the enjoyment of meals and overall quality of life and are associated with a variety of conditions and diseases, such as stroke, Alzheimer's, Parkinson's, and muscle conditions that become more common with increasing age. Presenter **JoAnne Robbins** will focus on the insidious neurophysiologic changes underlying age-related swallowing disorders that occur in otherwise healthy older adults, innovative methods to compensate for swallowing problems, and device-driven therapies to rehabilitate the swallow mechanism, its function, and restore enjoyment of dining.

JoAnne Robbins, PhD, CCC-SLP, BCS-S, is a Professor at UW-Madison with affiliations in the Departments of Medicine, Radiology, Nutritional Sciences, Food Science and Biomedical Engineering, and is the Associate Director for Research of the Geriatric Research Education and Clinical Center at the William S. Middleton Memorial Veterans Hospital. Dr. Robbins, a clinician researcher, founded and directs the UW/VA Swallowing Speech and Dining Enhancement program and is widely recognized as a leader in the area of swallowing disorders and dysphagia rehabilitation.

The program is free and **reservations are not required**. No-cost parking is available in the ramp across the street, which can be accessed from Washington Place, a small side street that intersects with West Main Street just across from the entrance to 333 West Main Street. When you enter the ramp, push the blue button and take a ticket. Proceed to the upper “S” level and park in a space labeled for Capitol Lakes. Have the ticket stamped at the Main Gate reception desk in the lobby **after** the program. It is valid for only 30 minutes after it is stamped. If the gates are open, tickets are not needed to enter or leave.

A new nutrition series for members

by Jan Richardson, Chair, Social Committee

The Social Committee has arranged for a series of one-hour sessions on nutrition to be presented by UW Health Clinical Nutritionist Cassandra Vanderwall over the coming year. Two are planned in the fall and two in the spring depending on interest. Below is a schedule of topics, date/time, and location for each session. Each session includes a half hour of social time before and after the one-hour presentation.

Please register by emailing retireasn@mailplus.wisc.edu or calling the UW-Madison Retirement Association at 608-262-0641 by October 21. Hope to see you there!

Nutrition 101 for Older Adults, October 28, 2015, at Oakwood Village University Woods, 9:00-11:00 with the presentation starting at 9:30 (see parking information on page 1 of this issue.)

Learn how to build a healthy meal and snack using evidence-based principles of composition. These tips will help to ensure that you are meeting your energy and nutrient needs while staying energized and satisfied.

Food Trends and Nutrition Myths, November 19, 2015, at Capitol Lakes, 1:00-3:00 (presentation at 1:30)

Explore healthy food habits and popular nutrition trends such as gluten-free diets, organic versus nonorganic, and the debate surrounding GMO's, as well as many more! Learn how to debunk common myths and achieve a sound and sustainable dietary lifestyle.

Everybody Poops: Key Practices for Bowel Health, February 18, 2016, at Capitol Lakes, 1:00-3:00 (presentation at 1:30)

Eating Well with Diabetes, April 20, 2016, at Oakwood Village, 9:00-11:00 (presentation at 9:30)

UWRA monthly breakfasts: a recommendation

by Rob Seltzer, Member, UWRA

My wife and I retired about nine months ago, and soon after we joined the UWRA. We've enjoyed the connection. The events that we've attended have been uniformly excellent (and I'm a tough judge). In particular, I want to highlight the monthly informal breakfasts. The coffee and conversation flow. Interesting stories proliferate. The breakfasts are a nice, relaxing source of camaraderie. In addition, they have been a great font of information about UW, the city of Madison, and the surrounding countryside, including lots of good recommendations for restaurants and Madison area tradespeople. Please join us.

Morgridge Institute community celebration of healthy aging

by Brian Mattmiller, Director of Communications, Morgridge Institute for Research

A daylong special event in the University of Wisconsin-Madison Discovery Building on Saturday, October 10, will explore health, happiness, and well-being across the lifespan. The Morgridge Institute for Research and Wisconsin Alumni Research Foundation are teaming with UW-Madison to host the free event, which will feature entertaining talks and hands-on activities on topics that can enrich people at any age. Among the highlights is a conversation with renowned author Parker Palmer, whose books on leadership, spirituality and social change have reached millions. The celebration commemorates the 60th wedding anniversary of John and Tashia Morgridge, who will celebrate the milestone in the building made possible through their vision and support.

The day begins with a special edition of Saturday Science focusing on "super powers." Play learning and memory games, learn about super-powered creatures, and try some fun household workouts. The event is ideal for school-age children and families. Afternoon events focus on seniors and caregivers. How do family relationships affect health later in life? Can aging inspire your creativity? What small steps can make a big impact on health? See full details and register at <https://morgridge.org/celebrating-healthy-aging/>.

Early morning fitness class for women over 40

by Mary Metz, Member, UWRA

Early every weekday morning from 6:40 to 7:40 a.m., women can be found vigorously exercising in Gym 2 at the UW-Madison Natatorium. Monday, Wednesday, and Friday, they are dancing or making aerobic moves to music. Tuesday and Thursday, they are using weights and moving their whole bodies to increase balance, strength, and flexibility. Ages run from 40+ to 80+ and individual accommodations are made for skill and energy. Members come back for years because they can feel the beneficial effects on their bodies and because of a community of interesting and supportive women.

The class, which is affiliated with the Department of Kinesiology, has been meeting for thirty-five years. A few class members have participated the whole time! Would you like to be one of us? Come visit the class to find out. For more information, contact our instructor, Bonnie Loughran, at bloughran@wisc.edu for more information and to arrange a time for a free trial.

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UWRA Calendar

September 30	Social Committee	Golf outing
October 7	Travel Committee	Trip to Norskedalen and apple orchard
October 8	Luncheon Committee	October luncheon and morning program
October 14	Social Committee	Cultural mosaic of Italy
October 20	Financial Matters Committee	Annuities
October 21	Technology Committee	Computer security
October 22	Social Committee	Breakfast at Sofra
October 26	Retirement Challenges Committee	Program on swallowing
October 28	Social Committee	Nutrition for older adults
November 11	Luncheon Committee	Luncheon and morning program
November 16	Social Committee	Breakfast at Sofra
November 18	Financial Committee	State of the US economy
December 10	Social Committee	Breakfast at Sofra

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