

# Retiree Report

## Travel Plus Travel Fair

Bring your friends and travel buddies and come explore the possibilities for travel *plus* a little something extra – education, adventure, cultural enrichment, volunteerism – at this fair presenting nonprofit and for-profit specialists in travel for adults over fifty.

Come to the HUB South Ballroom any time between 10 and 2 on Tuesday, February 13 to talk with the exhibitors and gather information for the trips you're dreaming about. At the same time, a series of short, free travel seminars will be held in HUB Room 250 (adjacent to the ballroom).

Have a look at the offerings of nationally-known tour companies including Road Scholar. Learn about UW-related travel opportunities through UW Alumni Tours. Visit with local favorites such as Alki Tours & Great Train Escapes, Caravan-Serai, Bike & Barge Holland Tours, Evergreen Escapes and Mills Africa. (A full list of updated vendors is available online.) Interested in service? Check in with the Peace Corps.

Spread the word! This event is open to the whole UW community. Whether you're an experienced globetrotter or just beginning to explore, we have the resources you need.

Retirees and other members of the UW Faculty Auxiliary's Tuesday Trekkers in Guarda, Switzerland, September 2017. Photo by Carol Ingram.

**Tuesday, February 13  
10 a.m. – 2 p.m.**

**HUB South Ballroom**

**FREE**

**Registration  
encouraged**

[uw.edu/uwra/events/  
travel-fair](http://uw.edu/uwra/events/travel-fair)







## CALL FOR BOARD NOMINATIONS

The UWRA Nominating Committee is finishing work on the slate of nominees for the UWRA Board of Directors. The board expects to place the slate in nomination at the January board meeting (after this Retiree Report has gone to press).

Meanwhile, UWRA members may also nominate board candidates. To do so, submit the candidate's signed agreement to run and serve, along with written support for the

nomination signed by ten UWRA members. These nominations must be received in the UWRA office by February 16, 2018.

Publicity about the nominees for 2018-2021 terms and proposed board officers for 2018-19 will be sent to members through the weekly e-digest. All members will receive short bios for the candidates with the paper ballot that will be mailed to each household.

# CHOCOLATE

## A Sweet Event

Perhaps it should have been no surprise when UWRA's December program on chocolate filled the first day registrations were open. Or when it filled again after we had rearranged the room to accommodate more members. After all, this program had all the ingredients necessary for a great afternoon: thinking about chocolate, talking about chocolate, and tasting chocolate.

Lecturer Kristy Leissle, UW-Bothell's "Dr. Chocolate," gave a fascinating talk about the social, political and economic impacts of the chocolate industry. Attendees tried winnowing a cocoa bean or two. Then Leissle led the group in tasting five kinds of chocolate, white to dark, from Africa, the Caribbean and South America.

After the talk, some members eagerly gathered around Kristy with their questions. Others, equally eager, gathered around the wine, coffee and additional chocolate samples.

All in all, the afternoon was a model UWRA program: some education, some fun, and plenty of time to reconnect with UWRA friends and colleagues.



Clockwise: Participants enjoy the goodies after the event; white and dark chocolates for sampling; winnowing cocoa beans; "Dr. Chocolate" addresses the capacity crowd.



# ANNUAL REPORT

Reflections on FY17 (July 1, 2016 – June 30, 2017)

## A note from Jill McKinstry UWRA PRESIDENT 2017-2018

On behalf of UWRA's Board of Directors, I am proud to share UWRA highlights from the past fiscal year. It was a year of extraordinary growth, engagement and generosity.

### Growth

The **number of retirees last year was almost double** what it was ten years ago. Membership in UWRA continues to appeal to new retirees: in the past five years, **UWRA's membership has grown by a third**.

### Programming Highlights

The number and quality of UWRA-offered **member programs** keeps growing, with enthusiastic participation in the fall meeting with Prof. Pepper Schwartz, the winter Learn & Lunch featuring three outstanding scholars, the spring Scholarship Brunch honoring six student recipients, and day trips to tour the UW Press and the Union Bay Natural Area. We kept members **informed** through sessions on proposed Medicare legislation and on geriatric medicine. We **partnered** with the Meany Center for the Performing Arts, UW Dance, and the Seattle Piano

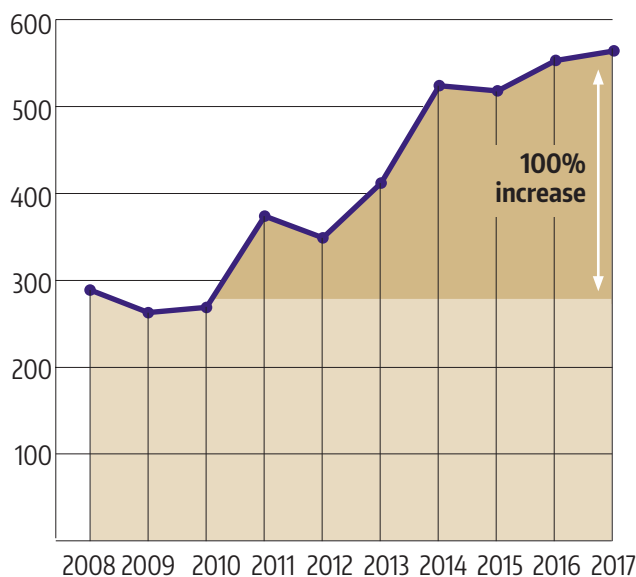
Institute in order to make their programs available to UWRA members.

### Engagement

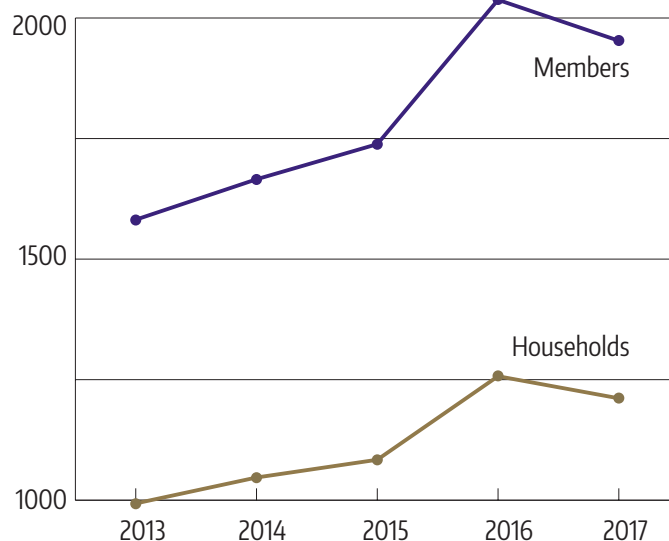
UWRA **engaged with the broader University community** through programs that helped current employees and retirees with the decisions and planning that surround retirement. We **reached out** to all retirees through the annual reception honoring the year's retirees, the retiree resource fair, and a new periodic e-newsletter. And we **expanded many opportunities** for service through UW Encore.

UWRA's board continued to **advocate on behalf of retirees** through ongoing discussions regarding retirees' privileges, such as email. Retirees from UW Bothell and UW Tacoma were recruited to the 2017-18 UWRA board to help extend outreach. Retirees serve on the board of UW Impact and on councils of the Faculty Senate, including Benefits & Retirement, Faculty Affairs, Research, Teaching and Learning, Tri-Campus Policy, University Facilities and Services, and University Libraries as well as the ad hoc Committee on Retirement.

Retirees by Year



UWRA Membership Trends





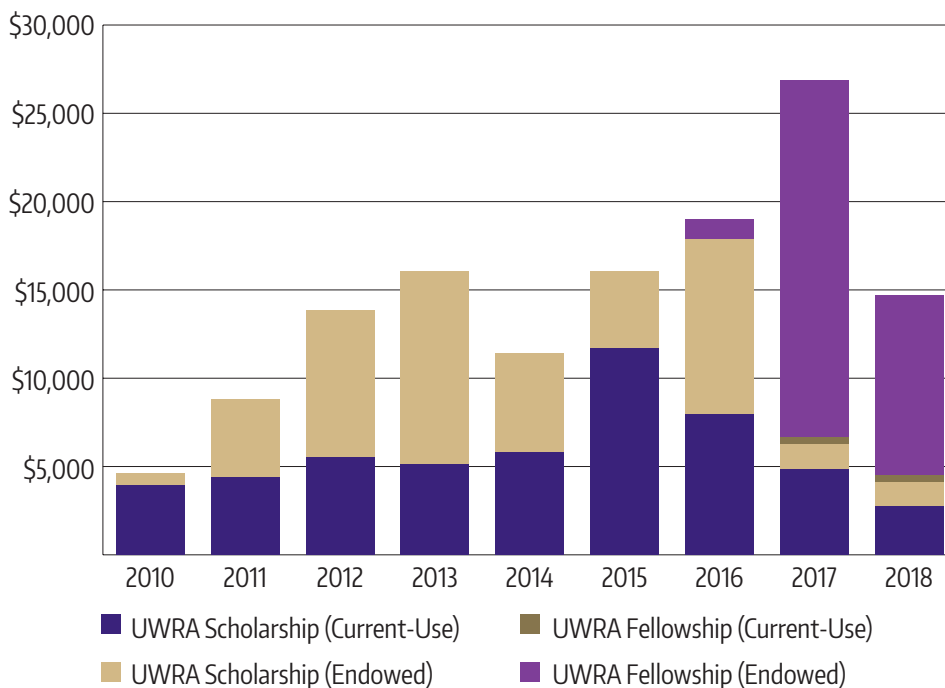
## Generosity

Retirees' financial support of the University has been remarkable during the year since the beginning of the Faculty-Staff-Retiree campaign. UWRA members give to UWRA's scholarship and fellowship program with **extraordinary faithfulness and generosity**.

In 2016-2017, UWRA members made gifts to the four designated scholarship and fellowship funds totaling almost \$27,000, with the added impact of a 50% match on over \$20,000 in contributions to the fellowship endowment. These gifts to endowments and current-use funds allowed UWRA to award **four \$4,000 scholarships** and to work with the Graduate School to award **two one-quarter graduate fellowships**, which include stipend, health insurance and tuition waivers.

Retirees are also generous with their time: over half the respondents to UWRA's survey of retirees reported participating in community volunteer activities, and about **26% volunteer somewhere at the UW**.

## Giving To UWRA Scholarship And Fellowship Funds



## 2017 SCHOLARSHIP RECIPIENTS

- With a background of employment at a retirement community and at the Allen Institute for Brain Science, **Michael Fisher** (Pharmacy) looks forward to a career serving older adults in a long-term care facility, nursing home, or clinic for end-of-life care.
- **Sarah Fishleder** (Department of Health Services PhD Program) works to make a meaningful impact on health-care delivery for older adults. Her goal is to conduct primary research in translational gerontology at the National Institute for Aging.
- Combining a love for working with older adults and a passion for eradicating inequality, **Kezia Howard** (Masters of Social Work) is pursuing coursework and certification that will enable her to work with family trauma and end-of-life care in a health care setting.

- **Lauren Langley** (Doctorate of Audiology, Department of Speech and Hearing Sciences) seeks to serve the 25% of adults over age 65 with a disabling hearing loss, particularly through understanding and addressing the barriers to help-seeking in this population.

## 2017 FELLOWSHIP RECIPIENTS

- **Yong K. Choi** (Biomedical Informatics and Medical Education) is exploring how Internet of Things-based smart sensor technologies can help older adults who are aging-in-place manage their health and wellness.
- **Riddhi N. Mehta-Neugebauer** (Political Science) is an experienced political staffer now exploring the investment allocations of public pensions, with particular focus on fund fee transparency practices.

## UWRA BOARD FISCAL YEAR 2016–17

**Susan Neff** | President  
University Ombud

**Jill McKinstry** | First Vice President  
University Libraries

**Bruce Finlayson** | Second Vice President  
Engineering

**Susan Williams** | Secretary | English

**Eileen Robison** | Treasurer  
Student Financial Aid

**Anil Coumar** | Psychiatry

**Jim Green** | Anthropology

**Lynn Hogan** | UW Advancement

**Matt Krashan** | World Series

**Patricia MacGowan** | Engineering

**Vince Stricherz** | News & Information

**Míceál Vaughan** | English

**Mary Watts** | Medicine

**JoAnn Wuitschick** | Human Resources

## Your Generosity at Work

Thank you for giving to the UW's Faculty-Staff-Retiree Campaign for Students (FSR), and a special thanks for being donors to the UWRA Fellowship Fund.

The Graduate School selected UWRA's Endowed Graduate Fellowship in Aging (UWRAFE) to be eligible for the FSR match, and UWRA members gave generously to support it. In 2016 you gave \$20,000 to UWRAFE, and as of mid-December 2017 you have given almost \$12,000 more. After the original UW matching funds were exhausted, the Graduate School identified an additional \$25,000 in matching support for gifts received through the end of December, so all 2017 gifts to UWRAFE were credited with the match.

The UWRA Board of Directors and UWRA's Scholarships and Fellowships Committee members are grateful for all of your support for the UWRA Fellowship. This fund provides financial support, combined with Graduate School tuition waivers, to meritorious graduate students in aging-related fields. These students will expand and transform our understanding of aging. (See last year's recipients on previous page.)

It is UWRA's goal to build the endowment so that we can keep this fellowship an annual award even as the costs of graduate education rise. It's an ambitious goal, but we're on our way, thanks to your generosity.

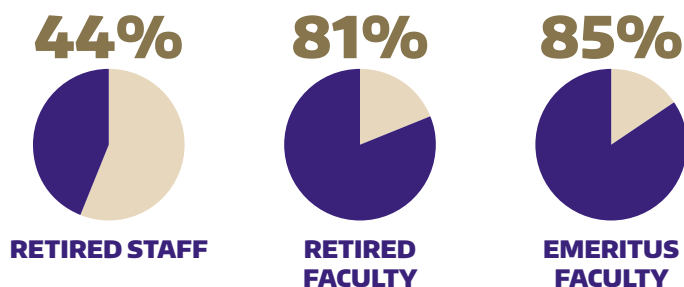
## Faculty Staff Retiree Campaign for Students

From October 2016 to October 2017, **\$10 million** in match-eligible donations were received by the UW's Faculty Staff Retiree Campaign for Students. UW's matching support of \$1 for every \$2 donated, up to the available total of \$5 million, was added to this total.

Retirees in particular were a critical component of the FSR's success – **46%** of the matching funds were used to match gifts from UW retirees.

In addition to remarkable match-supported philanthropy, UW faculty, staff and retirees have donated widely to other funds as part of the UW campaign. From July 1, 2010 through June 30, 2017, and with the campaign not yet over, retirees have donated **\$58.5 million**. UW retirees have participated in the campaign at rates double that of current staff and faculty.

### RETIREE CAMPAIGN PARTICIPATION AT A GLANCE



## Spring Scholarship Brunch

**Friday, April 13, 2018 | Center for Urban Horticulture**

Don't miss an opportunity to meet this year's outstanding recipients of UWRA's Scholarship in Aging and Fellowship in Aging. These remarkable students will introduce us to the work they're doing in a broad range of fields related to aging.

**Featured speaker:** Two-time Pulitzer Prize-winning editorial cartoonist and columnist David Horsey, '75, formerly of the Seattle Post-Intelligencer, now a political commentator for the Los Angeles Times. Horsey is a UW alum who has published eight books of cartoons. He has covered events including national political party conventions, the Olympic Games and the Super Bowl, along with assignments in Europe, Japan and Mexico. We expect he'll have a few observations about current events and the lead-up to the fall 2018 election season.

Watch your mail and email for registration information for this event that is sure to reach capacity quickly.

## EXPLORE UWRA INTEREST GROUPS

UWRA's interest groups welcome you to their programs for the coming year.

- Birding                      varying Tuesdays
- Book Review                2nd Friday
- Bridge                        3rd Monday
- Computer Help              2nd Wednesday
- Garden Club                1st Tuesday
- Husky Sports                Once a month
- Walking                      Wednesdays
- What's the Big Idea?      Wednesdays/once a month

For information, visit  
[uw.edu/uwra/interest-groups](http://uw.edu/uwra/interest-groups)

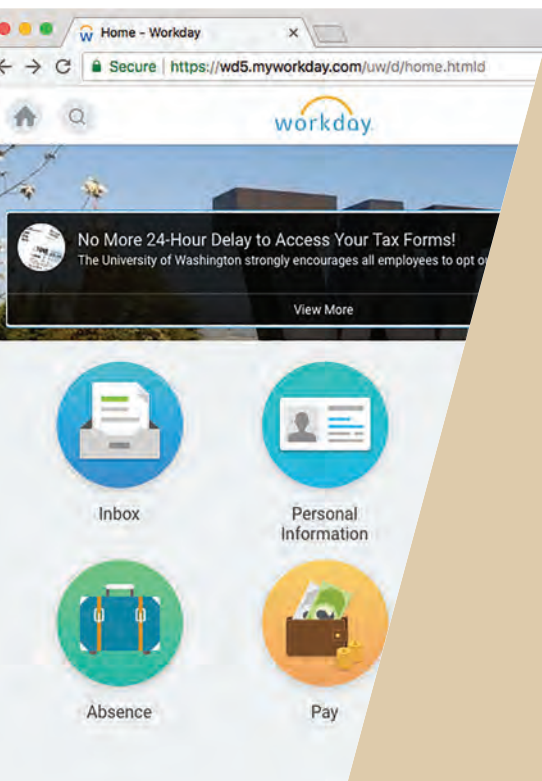
## UWRA WEEKLY EMAIL WITH EVENT UPDATES

This concise digest is the best way to stay informed about UWRA and UW events. Please send your email address to [retiremt@uw.edu](mailto:retiremt@uw.edu) to be subscribed. No email? UWRA will still send paper mail for member events.

## SAVE THE DATES

Upcoming UWRA Events

<b>January 24</b>	What's the Big Idea discussion: Medical Ethics
<b>January 27</b>	Ducks in a Row workshop by People's Memorial Association
<b>February 10</b>	Husky Sports: Gymnastics
<b>February 13</b>	Travel Plus Fair
<b>February 25</b>	Husky Sports: Women's Basketball
<b>February 28</b>	Travelogue: Switzerland
<b>March 7</b>	What's the Big Idea discussion: Biodiversity
<b>March 13</b>	Non-Financial Retirement Planning workshop
<b>March 14</b>	Travelogue
<b>April 11</b>	Travelogue: Tanzania
<b>April 13</b>	Spring Scholarship Brunch
<b>May 7</b>	Reception for newly retired staff and faculty
<b>May 9</b>	Travelogue
<b>June 20</b>	Senior Housing Forum



## UW Systems Change May Require Action from You

The UW has updated its online payroll and personnel system, which is now called Workday. Recent retirees are advised to double-check that their personal information was transferred to Workday correctly. Also, if you are expecting W-2 or other tax documents from the UW, please confirm your contact information and specify whether you need to receive your documents electronically or on paper.

To access Workday, you will need to set up two-factor authentication (TFA). This means that when you log in with your UW NetID and password, you will also need confirm your identity by responding to a notification text or phone call.

- To set up your device for TFA, start here:  
[itconnect.uw.edu/security/uw-netids/2fa](https://itconnect.uw.edu/security/uw-netids/2fa)
- Log in to Workday at [isc.uw.edu](https://isc.uw.edu).

For help, call (206) 543-8000 or email [ischelp@uw.edu](mailto:ischelp@uw.edu).

# UW-UWRA Retiree Excellence in Community Service Award

## NOMINATIONS DUE BY FEB. 1

Now is the time to nominate an outstanding UW staff or faculty retiree for the 2018 UW-UWRA Retiree Excellence in Community Service Award.

Staff and faculty at the UW continue to serve after they become retirees... they inspire others and enhance the mission of the University.

Staff and faculty at the University of Washington continue to serve after they become retirees, making a difference on campuses, in the community and throughout the world. They inspire others and enhance the mission of the University. This annual award honors the retiree who receives it and also reminds the UW community that retirees continue their contributions and accomplishments.

Nominate a retiree who is making a difference through February 1, 2018. The award's selection committee will review nominees. The UW-UWRA Retiree Excellence in Community Service award is presented in June at the UW's Awards of Excellence ceremony.

For criteria and nomination form: [uw.edu/uwra/retiree-award](http://uw.edu/uwra/retiree-award)  
Questions? Contact [retiremt@uw.edu](mailto:retiremt@uw.edu).

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## IN MEMORIAM

**Jarmila Abdullah-Wilkinson** | November 25, 2017 | Advancement  
**Susan Barnes** | January 3, 2017 | Libraries  
**Merle Boylan** | October 10, 2017 | Libraries  
**Victoria Campbell** | June 26, 2017 | spouse of Frederick Campbell | Sociology  
**Caspar Curjel** | October 15, 2017 | Mathematics  
**Eileen Flewelling** | July 1, 2017 | Grants and Contracts  
**Ruth Kirk** | July 29, 2017 | Libraries  
**Susan Kliavkoff** | June 22, 2017 | City University of New York  
**John Lee** | August 31, 2017 | Epidemiology  
**Paul Neiman** | October 11, 2017 | Medicine  
**Alan Rabinowitz** | November 29, 2017 | Urban Planning  
**Thelma Sameth** | 2017 | Libraries  
**Barbara Sarason** | September 19, 2017 | Psychology  
**Robert Tostberg** | November 12, 2017 | Education  
**Fredric Wolf** | July 23, 2017 | Biomedical Informatics and Medical Education

Please notify the UWRA office when you learn of the death of a member or other UW retiree. We appreciate having the opportunity to express the UWRA's condolences.

## UW Encore: Active Caring for Your Community is Actually Self-Care

Looking to make a New Year's resolution that might be both a rewarding use of your time and a boon to your well-being? Numerous studies have emphasized the health benefits of volunteer work. A 2012 review compiled by the Corporation for National and Community Service shows a research-based association between volunteering and mental and physical health benefits.

UWRA's recent survey of UW retirees revealed that many retirees appear to be taking good care of themselves. Of the 600+ survey respondents, more than half are volunteering in their communities and 26% are volunteering at a UW campus. In 2017, UW retirees returned to campus to take part in programs such as the Husky Leadership Initiative's Spring Celebration of Service and Leadership, Huskies@Work student career exploration with the UW Alumni Association, and the Dream Project's Admissions Workshop Weekend.

In July, 2018, UW retirees will have new way to be involved: the UW will host the Special Olympics USA Games. More than 1,700 UW volunteers will be needed for a wide variety of support roles – from bocce ball to dorm concierge services and everything in-between. Stay tuned for more information in the coming months.

Your volunteerism in support of the UW community and its mission is greatly appreciated – and a healthy step to take in 2018!

**Volunteer opportunities**  
[uw.edu/uwra/volunteer](http://uw.edu/uwra/volunteer)

**Special Olympics USA**  
[Gamespecialolympicsusagames.org](http://Gamespecialolympicsusagames.org)

**Health Benefits of Volunteering**  
[nationalservice.gov/pdf/healthbenefits\\_factsheet.pdf](http://nationalservice.gov/pdf/healthbenefits_factsheet.pdf)

**UWRA Survey** [uw.edu/uwra/survey](http://uw.edu/uwra/survey)





# THE UWRA **INFORMS, CONNECTS** & **ADVOCATES** FOR UW RETIREES AND PRE-RETIREEES.



The Retiree Report is publication of the University of Washington Retirement Association  
(UWRA) a non-profit member based organization  
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Pat Dougherty | Executive Director  
Cathy Randolph | Associate Director

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UNIVERSITY OF WASHINGTON  
RETIREMENT ASSOCIATION

