



UC Irvine Emeriti Association Newsletter

Summer 2009

University of California, Irvine

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** Save The Date **

June 10, 2009

The Free Wheelchair Mission: Engineering at UCI

Where: University Club, Samuel McCulloch Library Room

Time: 1: 00 p.m.

Speaker: Dr. Kenneth Mease, Professor of Mechanical and Aerospace Engineering

All Emeriti and Retirees are welcome to attend this wonderful talk regarding a key project involving both faculty and students. Following our guest speaker, we will be presenting the Outstanding Emeritus Award and two Outstanding Mentorship Awards at our annual meeting.

PRESIDENT'S LETTER

By Barbara A. Hamkalo

Dear Colleagues:

As we approach the end of the academic year, I want to thank the many individuals who have been so helpful to me as your president. I offer thanks to all my colleagues on the Executive Committee, especially our Treasurer, Stuart Krassner, and, our Secretary, Dick Frank. Judy Horn and Ken Dumars deserve gold stars for their persistence in creating a new brochure and for working tirelessly to update and clarify our By-Laws. Clearly none of our activities would be possible without Jeri Frederick who, as Director of our own Center for Emeriti & Retirees, facilitates all our functions effortlessly. Finally, we all owe a huge thank you to Garland Parten and Marilyn Soley, whom we are fortunate to have helping out with day to day activities behind the scenes.

On April 30, I attended the Spring Meeting of the Council of University of California Emeriti Associations (CUCEA) that was held at UCSD. The minutes of that meeting will be posted shortly on the CUCEA website (<http://cucea.ucsd.edu>). Of note to our membership is the creation of a Presidential Task Force on Post-Employment Benefits to develop a comprehensive, long-term approach to UC obligations for all post-retirement benefits. The Task Force will make recommendations to the President on long-

term funding, benefits policy and alternatives for retirement benefits for UC faculty and staff. The goal is to

President's Letter continued

This past spring, the Executive Committee heard a presentation by Jonathan Alexander, Campus Writing Coordinator and Professor of English who is developing a new program to tutor undergraduate and graduate students in discipline-specific writing. The Committee expressed an interest in participating and we will have more information this coming fall.

As noted above, our Annual Meeting will be held Wednesday, June 10, in the Library Room of the University Club from 1- 4 p.m. The official meeting (2 – 4 p.m.) will be preceded by the talk noted above from Dr. Kenneth Mease regarding a project mentioned by Chancellor Drake at our annual reception last January. All Emeriti and Retirees are welcome to attend the talk. All Emeriti are especially urged to attend the meeting that follows for several reasons. We will be honoring our Emeriti Association award recipients, noted below, followed by an election of officers and a vote on revised By-Laws. I hope to see you there and wish you all an enjoyable summer.

2009 UCIEA Emeriti Mentoring Awards

We are pleased to announce that we received a wonderful response to our call for nominations. The awardees are detailed below.

Laura Mosqueda, M.D. is in the Department of Family Medicine and has shaped the Division of Geriatric Medicine into a nationally well known and highly respected program, while contributing significantly to the recognition and study of elder abuse and neglect. . She has been a tireless role model to students, residents , and fellows as well as to her colleagues .

Dr. Mosqueda consistently demonstrates a passion for educating. Her skill in caring for the elderly is marked by understanding, patience, and respect, and both her medical and administrative style is marked by the highest ideals of ethical and professional standards. She is described by those who have benefited from her teaching as being a most committed , accomplished , and generous mentor who encourages independent thinking, caring, and compassion. She has helped shape many future physicians who are most grateful for her attention and fine mentoring. Congratulations Dr. Mosqueda.

Robert Folkenflik, PhD, is Professor Emeritus in the Department of English. Bob is recognized for his extraordinary efforts in mentoring colleagues and graduate students. His mentoring typically begins when a junior faculty members arrives at UCI and continues as the individual moves up the ranks. He is an encyclopedia of information on grant opportunities, approaches to job searches and networking. Because of his activities he has made an indelible impression on many careers of both colleagues and graduate students. Bob is considered a model mentor and has taught many of the younger faculty “how to be a mentor”. He is also recognized for his mentoring of graduate students that continues after they leave UCI and begin independent academic careers. Although Bob retired in 2006, he continues to be dedicated to supporting graduate students’ endeavors. He is noted for his generous unsolicited advice and “acts of kindness”. One nomination letter noted how “lonely and isolating” graduate school can be, but Bob’s constant encouragement and support enriches every student whom he has mentored. Congratulations, Dr. Folkenflik, a truly outstanding mentor.

2009 UCIEA Outstanding Emeritus Award

Professor Hal Moore, UCI faculty member since 1965, former Chair of the Department of Chemistry and Dean of the School of Physical Sciences, helped establish both a national and international reputation for the Chemistry Department at UCI. More recently since his retirement, he has again distinguished himself in service to UCI; his insight and judgment have been invaluable in resolving personnel and curricular matters in the rapidly expanding Department of Chemistry. He is recognized as having spent countless hours reorganizing the departmental process for letters supporting merit increases and promotions. But who would have suspected this

Award Continued

internationally recognized researcher and extraordinary lecturer in the physical sciences to be such a generous supporter of outstanding music students with donated funds from his being the Emily A. Dickson Emeritus Professor in the UCI Department of Music. There, it was the UCI Wind Ensemble which occupied his talents. Congratulations Professor Moore.

Physician Orders about Life-Sustaining Treatments (POLST): An Important Supplement to Advance Directives, Legal in California as of January 1, 2009.

By Ronald B. Miller, M.D., FACP, Clinical Professor of Medicine Emeritus

Advance healthcare planning is a process that everyone should undertake with his physician for future contingencies. Discussion should also include the person one would wish to make healthcare decisions with the physician if one became unable to do so himself. Optimally advance healthcare planning should be executed in a legal document, an advance healthcare directive. Advance directives, legal in virtually all states, allow one to name a surrogate decision maker (an agent under a durable power of attorney for healthcare) and/or to write a treatment directive (a living will) which indicates what one would want, or not want, under various medical circumstances. The proxy directive is appropriate for nearly everyone, and ideally one should name alternative proxies should the first named individual be unavailable. Treatment directives are appropriate for many, and especially for those with a serious illness whose various possible trajectories can be anticipated. Treatment directives should be clear and medically feasible since the attending physician in the future may not be the one who assisted in advance healthcare planning. Because one cannot anticipate every possible contingency, it is helpful to state one's values and goals for treatment.

Despite the nearly unlimited potential of advance directives to communicate patient preferences for requesting or limiting treatment, they have not fulfilled their promise. There are many reasons for the limited success of advance directives. Advance healthcare planning by patient, physician, and proxy (proxies) may not have taken place or may never have been documented in writing. Even if written, the document may not be available when needed. The patient's formulation of treatment preferences may be too general, too specific, or not applicable to the circumstances at hand. The advance directive may not have been seen by attending healthcare professionals. The preferences may be overridden by the physician or may not have been translated into actionable medical orders.

Appreciating these problems and the frequent failure of existing advance directives to be transferred with the patient from hospital to nursing home or vice versa, healthcare professionals at the Oregon Health Sciences University in 1995 developed a solution: POLST (Physician Orders about Life Sustaining Treatments) which are standardized, actionable, medical orders (based upon a patient's preferences) intended to transfer with the patient from one care setting to others. POLST are voluntary but particularly advisable for patients with serious, progressive illness. The standardized orders supplement advance directives and cover preferences to receive or limit cardiopulmonary resuscitation, the intensity and location of medical care, antibiotics, and medically-administered nutrition and hydration.

The POLST paradigm and the single-page (double-sided) order form on brightly colored paper has been endorsed (by legislation, regulation, or standard of practice) in 7 states, and is developing in 16 states and in communities in an additional 8 states. Thus, POLST or similar order forms (POST, Physician Orders for Scope

of Treatment; MOLST, Medical Orders about Life-Sustaining Treatments) are now utilized in all but 16 states. In California, AB 3000 (Lois Wolk, now a Senator) legalized POLST January 1, 2009 and a standardized order form was approved by the Emergency Medical Services Authority. Studies confirm the utility of POLST encouraging discussions between patient, physician, and surrogate; increasing the probability of patient preferences being known and honored; and clarifying patient preferences for paramedics, emergency room personnel, and others who become responsible for the care of patients they did not know. For additional information: www.finalchoices.org/polst or www.ohsu.edu/polst.

Osher Lifelong Learning Institute – OLLI

* **June 11, 2009, OLLI at UC Irvine Open House** at the Rancho Senior Center in Irvine, 11 a.m. - 5 p.m.. Please join us at this Open House where you will hear about the Osher Lifelong Learning Institute's upcoming programs and activities. Light refreshments will be served. Location: 3 Ethel Coplen Way, Irvine, CA (Just off Culver, between Michelson & University).

Schedule of Meetings of the UCI EA Executive Committee:

The Executive Committee meetings will be on hiatus until September 7, 2009. YOU are welcome to attend! Meetings are usually scheduled on the first Monday of each month, September through May, from 9:15 to 11:00 a.m., in the Training Room located in **the new space for UCI's Human Resources and the UCI Center for Emeriti & Retirees (CER)**. The address is: 111 Theory, Suite 200, Irvine, California, 92697-4600.

Upcoming CER Programs and Events:

The following are provided through our Center for Emeriti & Retirees (CER) coordinating with the UCI Retirees and Emeriti Associations.

* **May 20, 2009, UC Irvine Wellness and Safety Fair at the Anteater Recreation Center – 11am**

Join us at the Anteater Recreation Center for free food, prizes, give-aways, massages, drop-in classes, health screenings and information! Free screenings will include: Blood Pressure, Skin Cancer, Cholesterol, Glucose, Lung Capacity, BMI, Waist/Hip Ratio, Flexibility, Grip Strength, Posture, Spine, Stress Scan, Orthotic, Surface Electromyography, and many more!

Emeriti/Retirees do NOT have to pre-register on line. Please DO sign in at "Registration" when you arrive at the fair. Currently there is very little parking at the ARC due to construction so the overflow is going to be parking in the "CT" lot down the street. Shuttles will be available from there.

* **June 1, 2009, "Remaining Confident in a Volatile Market" – 2pm**

Our Fidelity Representative, Jeff Crowley, will join us in the University Club, Room C, at 2pm, to present this workshop for UCI Emeriti & Retirees. Please RSVP if you will attend, at 949/824-6204.

* **June 29, 2009, A Clear Path: Eliminating the Clutter from Your Home, Your Office and Your Life!**

De-cluttering surroundings helps to relieve stress and tension. With the help of various fun and easy techniques, you will learn how to turn your chaos into an organized and workable environment. Offered elsewhere for a fee, this workshop will be free of charge! This will be a UCLA/UCI collaborative Emeriti & Retirees Center's program that you will not want to miss! **Please rsvp to 949-824-6204.**

Location: Ayres Hotel, Florence Room, located at 24341 El Toro Road, Laguna Woods, CA 92653.

Time: 10:00 a.m.

Hotel: <http://www.ayreshotels.com/lagunawoods>

University Club Forum

Each Wednesday of the academic year we convene for lunch and a presentation in the Samuel McCulloch Library at the UClub. Everyone is welcome. CALL 949-824-7960 FOR RESERVATIONS. Lunch service begins 11:15 AM, \$11.50 for members and \$13.50 for non- members, including tax and gratuity.

May 20: Julia Lupton: PhD, Dept. of Comparative Literature, --The Design Files: Delight & Dysfunction in Daily Life. This topic provides a glimpse into the subject of her latest book. Meredith Cheston coordinating.

UClub Forum continued

May 27: Janet Mason: Director, Capital Planning, UCI: --The Ten-Year Capital Improvement Plan for UC Irvine. The forward view of our beautiful campus will be the focus of her presentation. Meredith Cheston coordinating.

June 3: Molly Lynch, Asst. Professor of Dance, UCI: --National Choreographers Initiative—Professor Lynch will show clips of new choreography created and performed in the unique project at the Barclay Theatre each summer by four outstanding choreographers and sixteen professional dancers. Suzanne Fromkin coordinating. Visit the Forum website at <http://www.uclub.uci.edu/forum.php>

Your Contributions/Short Biographies

This space is available for your contributions in the form of biographical notes, UCI memories, projects for Emeriti and Retirees Center, etc. Models of short bio's can be seen in the Sunday Business Section of the NY Times. The name of the column is "The Boss". You can get the NY Times online at "NYtimes.com. Please email any questions you may have and/or send your contributions to emeriti@uci.edu.

Campus Recreation And You

UCI Campus Recreation provides a variety of opportunities and benefits to our Emeriti/Retirees that focus on enhancing physical fitness and health. You may take advantage of free access to the numerous outdoor facilities at the Anteater Recreation Center on a drop-in basis. These include 25 acres of field and court surfaces, such as soccer and softball fields, basketball courts, and tennis courts. In addition, Campus Recreation offers the chance to participate in incentive based programs, which only require a Retiree UCI email address and password. **Step Up UCI** is one of the self-directed wellness programs that is ongoing and designed to improve general health through daily cumulative movement. Participants receive prizes such as water bottles, tote bags, and t-shirts for logging their daily steps on-line and reaching previously set fitness goals.

Many Anteater Recreation Center activities, classes, and clinics are available to Emeriti/Retirees for a small fee and include golf, tennis, sailing, and kayaking classes. Massage and cooking classes are offered for a fee, but do not require a membership. However, if a Retiree would like to purchase a membership to the Anteater Recreation Center, the fee is only \$90 per quarter or \$288 annually. Coordinated custom programs can also be organized through Campus Recreation and can include massage technique classes, Yoga and Pilates instruction, teambuilding activities, and much more.

For more information about Campus Recreation, please visit our web site at www.campusrec.uci.edu or call 949.824.3738 to speak with a staff member.



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