

ASURA President's Message

submitted by Kay Faris — President, ASURA Board of Directors, 2023-2024



Welcome to all of you—new members as well as current members—all 900 of us! I am a relatively new member of ASURA, but in the one year that I have been involved in the organization, I have connected with former work colleagues and made many new friends. I truly think there is something for everyone in ASURA from online informative zoom seminars to travel opportunities to in-person events. This past year, I had the opportunity to participate in zoom seminars as well as in-person events. Unfortunately, I missed the trips to Iceland and Antelope Canyon—next time!!!

All these terrific events happen because of the dedicated volunteers in ASURA. To each and every volunteer we say, “THANK YOU!” These volunteers plan fun events and informative seminars, keep us up to date on what is happening with our healthcare and the legislature, plan travel, etc.

I love the good work of our organization:

- With funding help from the Book Donation Program, each year we award a \$10,000 ASURA Re-entry Student Scholarship.
- We also support two families each year through the Adopt-A-Family program.

If you haven't yet checked out our Video History Project, I encourage you to do so at <https://asura.asu.edu/video-history-interviews> — it is really a wonderful glimpse into our ASU history.

We have fabulous communication people who keep us up to date through our publications, newsletters, and website. And, we have people working in operations, membership, finance, the ASURA office, etc., who keep our ship running smoothly. There are so many ways to get involved and we are always looking for people to be part of these committees! So, if you are willing to help, please let me know.

I would also like to take a moment to thank Will Stasi for his wonderful leadership of ASURA this past year. He not only kept us moving, but he kept us growing as well. Thank you Will, for your ever strong support and dedication to ASURA!



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ASURA Executive Board

				
President Kay Faris	Past President William Stasi	Vice President <i>to be determined</i>	Secretary Partha Dasgupta	Treasurer Terrie Ekin

Board of Directors

Terms Expire April 2024 Rojann Alpers Kay Faris Barry McNeill Helen Ossipov Tara Roesler	Terms Expire April 2025 Jo Ellen Alberhasky Beverly Buddee Partha Dasgupta Terrie Ekin Will Stasi	Terms Expire April 2026 Jeff Bush Carl Cross Don Dotts Maria Hesse Kathy Palmanteer
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Board Ex-Officio Members

Alumni Association	Tim Desch
Emeritus College Liaison	Mark Lussier
Human Resources	Lynna Soller
University Club Liaison	Tara Roesler
University Liaison	Kendra Burton
University Senate	<i>to be determined</i>
University Staff Council	Shawn Banzhaf

Committees

<p><u>Community Outreach</u></p> <p>Adopt-A-Family: Ginny Sylvester</p> <p>Scholarship: Jan Shore, Chair</p> <p>Video History Project: Barry McNeill</p> <p style="text-align: center;"><u>Events</u></p> <p>Trudy Perez, Coordinator</p> <p>Seminars: Patricia Schneider, Chair</p>	<p><u>Luncheons/Special Events:</u> Mary Stevens, Chair</p> <p><u>Pre-retirement Seminars:</u> Trudy Perez, Chair Liz Badalamenti, Co-Chair</p> <p><u>Travel:</u> John Brock, Chair</p> <p><u>Finance/ Fundraising</u></p> <p>Finance: Barry McNeill</p> <p>Book Donations: Mary Stevens</p>	<p><u>Health Insurance Liaisons</u></p> <p>ASRS: Dick Jacob</p> <p>ADOA: Larry Carlson</p> <p style="text-align: center;"><u>Government/Health Insurance Government Liaisons</u></p> <p>Legislature: Tara Roesler (temporary)</p> <p>ASRS: Dick Jacob</p> <p>ADOA: Larry Carlson</p>	<p><u>Membership/ Communications</u></p> <p>Membership: Carl Cross</p> <p>E-News: Barry McNeill</p> <p>Obituaries: Tara Roesler</p> <p>Prime Times Newsletter: Jeannette Robson</p> <p>Websites Co-Chairs: Connie & Barry McNeill</p> <p>Database: Paul Harper</p>
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Office Volunteers

<p>Office Coordinator: Linda Van Scoy</p> <p>Business Operations Managers: Carolyn Minner, Connie McNeill & Barry McNeill</p> <p>Phone: 480-965-7668 (please call before visiting the office)</p> <p>Subs: Dorothy Meunier & Tara Roesler</p>	<p>ASURA Office Hours June through August, 2023</p> <table style="width: 100%;"> <tr> <td style="width: 30%;">Monday</td> <td style="width: 40%;">CLOSED</td> <td style="width: 30%;"></td> </tr> <tr> <td>Tuesday</td> <td>Linda VanScoy</td> <td>10am-1pm</td> </tr> <tr> <td>Wednesday</td> <td>Beverly Buddee Jan Thompson</td> <td>10am-1pm</td> </tr> <tr> <td>Thursday</td> <td>Jeannette Robson</td> <td>10am-1pm</td> </tr> <tr> <td>Friday</td> <td>CLOSED</td> <td></td> </tr> </table>	Monday	CLOSED		Tuesday	Linda VanScoy	10am-1pm	Wednesday	Beverly Buddee Jan Thompson	10am-1pm	Thursday	Jeannette Robson	10am-1pm	Friday	CLOSED	
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Thursday	Jeannette Robson	10am-1pm														
Friday	CLOSED															

Welcome New ASURA Members

Sheila Ainley	Timothy Haffey	William O'Donnell
Scott Almen	Myrna Hanaoka	Clark Presson
Lucy Berchini	George Harris	Mark Reda
Arthur Blakemore	Susana Howell	Amy Rimer
Karen Brown	Damian Johnson	Donald Rump
Lisa Marie Cobb	Kimberly Keck	Jacob Sahertian
Cecilia Contreras	Susana Kells	Patricia Secola
Joseph Dolan	Toni Konopis	Samuel Sotelo
Carol Fiedler	Lauren Kuby	Anita Tarango
Acasio Galindo	Valeryi Lishko	Philip Tarrant
Arthur Garduno	Christina McPheelers	Evelyn Trujillo
Sheri Gibbons	Georgeana Montoya	Barbara Weeman
George Gibson	Kimberly Moore	Michael Wong
Georgina Gillies	Faris Odish	Stanley Zucker

2023-2024 ASURA Scholarship Update

submitted by Jan Shore — Chair, Scholarship Committee



Jan Shore

The Scholarship Committee consisted of nine volunteers this year including myself and co-Chair Joy Shearman. A special thank you to the following volunteers for their commitment to the selection process: Karen Burstein, Evelyn Cesarotti, Mary Fachman, Diane Guzy, Ginny Sylvester, Jan Thompson, and Leslie Towill. Your dedication and efforts are sincerely appreciated!

Of note for this year, our longstanding representative from the ASU Scholarship Office, Courtney Walls, moved on to another position at ASU and we are now working with Julia Layno-Rojas.



Bea Ahbeck

Out of the nine scholarship applications that the ASU Scholarship Office referred to us this year, five of them met our qualifications for committee review. As in the past few years, because of the pandemic, the selection process was completed electronically. In general, our volunteers are finding it more convenient to conduct the process electronically rather than in person. After thoughtful review, a majority consensus was reached, and we selected Bea Ahbeck to be the recipient of our \$10,000 2023-2024 ASURA Re-entry Scholarship ... split equally, between the Fall 2023 and Spring 2024 semesters.

Ms. Ahbeck resides in Lodi, CA and is pursuing her education online at ASU. She is enrolled in the College of Global Futures, with a major in Sustainability. As it became more challenging to continue her career as an accomplished photojournalist due to the decline of printed news, Ms. Ahbeck had to make the difficult decision to return to school and establish a new direction. What she loved about her former career was making a difference in people's lives and that is what she also hopes to accomplish by helping mankind "ensure we have a livable earth for future generations". Describing her own childhood with few resources, she aspires to make a difference in underserved communities.

One professor wrote that Bea "was a stellar student ... #1 in a class of 129 students". A former employer describes her as "ambitious, creative, engaging, inspiring, reliable and relentless". Bea sent ASURA a thoughtful note in which she expressed her gratitude for receiving this award.

As a special note of interest, we were very pleased to recently meet our 2022-2023 Scholarship recipient in person at the ASURA Annual meeting this past April. Sylvia Ceja-Gonzalez travelled from California to speak during the meeting. Sylvia has faced numerous challenges in pursuing her education, but with the help of the ASURA Scholarship, she is now on target to graduate in August 2023 with a degree in Political Science and plans to pursue a Masters in Non-Profit Management.

2021-2023 ASURA Adopt-a-Family Update

submitted by Ginny Sylvester — Chair, Adopt-a-Family Committee



One of the most enjoyable ASU Retirees committee to be involved with is the Adopt-A-Family Committee. Members of the committee include Karen Burstein, Cecelia Hook and Henry Stevens. Here's a little information about this committee, and what we have been up to during the past two "Covid" years.

Each Fall, I contact both the coordinator at ASU and the one at Tempe Elementary School for the name of a deserving student or family from each. I was sent a wish list, with the names and ages of each family member. We have a yearly budget of \$2,000 and with that budget we have been able to provide gift cards for holiday food (Thanksgiving and Easter/Spring) as well as purchasing as many of the items on the families' wish lists. We also make sure each child has new clothes and a toy or game from their list. Two years ago, we had an ASU family with six kids at the same time that we had a recent immigrant family from Honduras who needed almost everything for their household.

This past year, we had a divorced woman returning to ASU and a single mom in Tempe with three kids. While it was a challenge to fill all the requests, we managed to do so and had fun doing it. It's "fun" because we get together as a group just after Thanksgiving and go shopping together to find the requested gifts. Then we go out to lunch together to celebrate.

Even during the height of Covid, we managed an indoor shopping trip and supplemented that shopping trip with appropriate gift cards. After all the gifts are purchased, we then gather together again for a 'wrapping' party. It's amazing how much easier it is to wrap lots of gifts when there are many hands doing the wrapping! Along with this article I have also included photos of the results of the past two wrapping parties and, below, a very nice "Thank You" note recently received from one of our adopted families.



Dear ASU Family & ASU Retiree's Association,

I hope you had a fantastic Christmas! I sending a big thank you from myself and my family. Your kind gesture made my family very happy. Your organization is incredibly considerate to think about families in need over the holidays. I don't know how to express my gratitude for such a generous gesture. This Christmas, you placed a priceless smile on my child's face. Your organization's extraordinary kindness brought me to tears. I'll never be grateful enough. When I say you rescued my child's Christmas this year, I am speaking from the heart. The pandemic has made it much more difficult to get by these days. Every item was wonderfully received and much needed in our home. I shall be eternally thankful for your unconditional love and support for my family. Not only did you save Christmas but you saved Thanksgiving and Easter too. I am so thankful for what you did for me and my family.

It's challenging to be a single mother and a student at times. It's moments like this when I realize how wise it was to choose Arizona State University as my alma mater. I'm delighted to be a member of such a kind group of mentors. A community that genuinely cares for and supports its students. I can not thank you enough for everything you've done for my family and me.

Sincerely, Family 1

ASURA Needs Your Old Books!

submitted by Mary Stevens — Book Donations

- Are your bookshelves too full?
- Are you downsizing your office or your home and don't have space for all of your books?

Donate your used books to us, and we will work with our partner, Friends of the Phoenix Public Library, to sell them. The proceeds from the sale of books are used to support the ASURA scholarship that goes to an ASU student and for the Video History Project. When you drop off your books, the office volunteer will give you a Gift in Kind form to complete and sign. The form is sent to the ASU Foundation, a separate nonprofit organization that exists to support ASU. The Foundation will provide you with a gift receipt for tax purposes.



You may drop off your books at the ASURA Office, Community Services Bldg., 200 E. Curry Road, room 201B, Tempe, AZ, 85281. Please call the office before you come to make sure there is a staff volunteer in the office (480-965-7668).

- For books that are on an ASU campus, ask Facilities Management to pick them up and deliver them to us. To accomplish this, your department assistant can complete and submit a [FACMAN service request](#) on an on-line form. Facilities will schedule a pickup date with the office assistant. Advise the office assistant to provide your name and department to the FACMAN representative who picks up the books.
- **OR** bring your books to [our office](#). We have 2 dollies for your use. Parking is readily available by the building with 3 ramps into the building and 2 elevators to the 2nd floor.

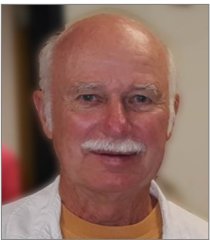
If you are unable to deliver your books to our office, please contact Mary Stevens at (602) 758-3750 or marystevens0@gmail.com or [contact our office](#). Provide your **name**, **e-mail address** (if you have one), **phone number** and the **approximate number of books** you would like to donate. Mary or another ASURA volunteer will work with you to get the books transferred.



Thank you so much for your donation!

2023 ASURA Annual Meeting — (a play in four acts)

story & photos submitted by Barry McNeill



The first in-person Annual Meeting in three years was held on April 19, 2023 in the Ability360 conference room. Sixty plus registered; forty plus attended. A bit of a disappointment but the forty who did attend enjoyed an excellent program organized and presented by Mary Stevens, Will Stasi, Kay Faris, and Trudy Perez.

Before the meeting started, the meeting organizers were busy getting the room ready. A registration table was set up; food and drinks were put out along with copies of the Annual Report and a meeting program. A welcoming slide was displayed on the four large screens; there was not a bad seat in the room.

Act 1 – Reporting on ASURA Activities

A little before 9:00 am, after finding the entrance to Ability360 and all the free parking spaces, attendees began trickling in. By 9:25 am, there was quite a buzz in the room with all the tables in active conversation.

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Will Stasi, the current ASURA President, began the annual meeting by reviewing the meeting program, but few heard him over a buzzing sound. The buzz soon faded and the meeting started in earnest.

Will got the meeting going with two, three, maybe four chicken jokes — each better than the last. He then turned the meeting over to several committee chairs who presented a short item about their committee.

- Connie McNeill (Websites) reviewed the new Help for Volunteers website.
- Barry McNeill (Video History and Finance) reviewed the restarting of interviews and the growth of the scholarship endowment.
- Pat Schneider (Seminars) reported on the popularity of the seminars.
- Trudy Perez (Pre -retirement Seminars) highlighted the move to monthly seminars.
- John Brock (Travel) discussed past and future travel events.
- Mary Stevens (Book Sales) talked about the new arrangement ASURA has with the Friends of Phoenix Public Library to sell books.

You can read more details about each of these items in the Annual Report.

Act 2 – Guest Speaker

Kay Faris breathed a sigh of relief about 9:50 am when the guest speaker, Professor Dennis Hoffman, showed up, right on time. Dr. Hoffman is a professor of economics in the W. P. Cary School of Business as well as Director of both the L. William Seidman Research Institute and ASU's Office of the University Economist.

Dr. Hoffman gave a very interesting, fact-filled presentation. He was an engaging speaker and as the talk proceeded, he took numerous questions from the audience. There is no way I can possibly summarize his talk and you can review his slides and draw your own conclusions. A couple of things that stuck in my memory were:

- There are mixed signals about whether a recession is coming. One negative signal to a recession was that there has never been a recession when unemployment is below 5%, which is the current status.
- With dropping birthrates the needed workforce will have to come from internal, e.g., state to state, migration.
- There are currently significant negative aspects of Arizona that can suppress the needed migration, e.g., worst quality of life of all the states, education in the bottom 40%.

Act 3 – Words from Sylvia Ceja-Gonzalez

Jan Shore, ASURA Scholarship Committee Chair, introduced Sylvia Ceja-Gonzalez, our 2022-2023 scholarship recipient. Sylvia told us that she had been born in Mexico and did not want to come to the United States. Her grandfather supported her desire but in the end he put her on the bus and it was the best thing that ever happened to her. She told us she is pursuing an online degree in Political Science and is interested in ASU's Masters degree in Non-Profit Leadership and Management, enrolling in the master's degree this fall. She ended by thanking ASURA for the scholarship.

Act 4 – Changing of the Guard

Will Stasi thanked the Board for its support of his presidency and urged the five members leaving the Board ... Kathy Gunn, Mark Henderson, Mary Stevens, Pat Schneider, and Trudy Perez ... to stay involved. He then handed the official gavel over to Kay Faris, who became ASURA's 33rd President.

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Kay thanked Bill for stepping up last year to accept the presidency and then working diligently throughout the year to fill chairs and spread the workload over more volunteers. She then announced the five new Board Members ... Jeff Bush, Carl Cross, Don Dotts, Maria Hesse, and Kathy Palmanteer.

Next came the new Officers: Immediate Past President (Will Stasi), Secretary (Partha Dasgupta), and Treasurer (Terrie Ekin).

In conclusion, Kay explained how carrot cake came to be the traditional cake at our Annual Meetings and finished by inviting all to have a slice, or two, of cake. A sequel to this great event will premier in April 2024.

The End



Kathy Palmanteer, New Board Member



Kay Faris with guest speaker, Professor Dennis Hoffman



Kay Faris with the gavel passed to her by out-going President, Will Stasi



Jan Shore & 2022-2023 scholarship recipient Sylvia Ceja-Gonzalez



Denise Doerres, Jeff Bush (new Board Member), Terrie Ekin (new Treasurer), Maria Hesse (new Board Member) & Partha Dasgupta (new Secretary)



Ginny Sylvester, Henry Stevens, Joyce Hartman Diaz, Beverly Buddee & Rick Knoff



Barry & Connie McNeill

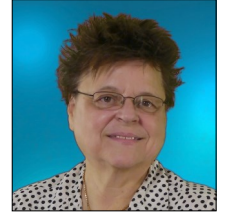


Beverly Buddee, Ginny Sylvester, Rick Knoff, Greg Faris, Karen Dwyer & a relaxing Will Stasi

(NOTE: more photos to view in our Photo Gallery, <https://asura.zenfolio.com/p626222586>)

ASURA Seminar Committee Report, Spring 2023

submitted by Patricia Schneider — Chair, ASURA Seminars Committee



February 2023: Getting Started with Family History Research

This seminar focused on how to get started in researching/creating your family history.

Duane Roen provided many, many tips and suggestions as well as demonstrated techniques for uncovering your family history. He, along with his wife, have been recording their family history since 1978 by writing more than 19,000 daily journal entries on their children and other family members.

Duane recalled that as a teen, he found his family's Norwegian bible in his grandmother's attic. In looking at it, he found the list of names and information on family members. From that point on, he was hooked at researching more and creating his family history.

Seminar participants were provided a comprehensive document that lists what you should be doing, or at least start doing, to build your family history. The document outlines where to start searching and how to build on the clues you find to get information on your family. The first thing is to start with what you already know and document everything so others can help verify and to serve as a record for you.

Duane provided information on software that can be installed on your computer to online search sites, both free and subscription based. He also mentioned how there are many, many local resources that you can physically go to when doing your research. Duane also demonstrated various sites and online resources providing information on how to use them and what information they can provide.

(NOTE: A copy of Duane's comprehensive document, along with the seminar recording can be found on our website at <https://asura.asu.edu/past-seminar-stories>.)

March 2023: Diary of an Alzheimer's Caregiver

Robert (Bob) Hershberger presented his insights and experiences as the primary caregiver for his wife Dee as she battled Alzheimer's.

Bob started off by saying this was a role in his life that he was totally unprepared for and had no idea what to do! He described how he had to learn to cope with the many changes in his wife's demeanor as she progressed with the disease, from her moments of happiness and joy to times of violent outbursts. He describes his wife as being well educated and intelligent and believes that in the early stages, she was able to compensate when her memory failed her, especially short-term memory.

It was hard to find caregivers for her because she only seemed to trust him, and chaos resulted when trying to have "strangers" tend to her basic needs. He tried care facilities, but her outbursts caused her to be sent home after, in many cases, only a one day stay. Eventually, she did end up in a facility and it was while she was there that Bob realized that "love medicine" was the only thing that calmed her, over and above any actual medication that she was given.

Bob was constantly asked by doctors to notify them when changes occurred. That's when Bob started to keep a journal. He found that not only did this keep track of Dee's progression, but it was an outlet for him to empty his mind of his thoughts and feelings. He decided to turn this journal into a book in hopes that it would

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help others gain a better understanding of the challenges they could possibly face if he/she were to become a caregiver. As Bob stressed, he had no idea what to do and what was ahead, and not that he's looking to sell books, but rather be a resource to others.

(NOTE: A copy of Bob's bio, along with a recording of this seminar can be found on our website at <https://asura.asu.edu/past-seminar-stories>.)

March 2023: Our Brain's Executive Functions: Memory, Attention & Cognitive Flexibility

Dr. Enz started her presentation by outlining what our executive functions are:

- Inhibition/Action – Monitoring and self-regulating actions; inhibiting actions when necessary – impulse control
- Working Memory – Utilizing working memory and accessing recall; using feedback to improve performance; consequences of behavior (if-then)
- Focus & Attention – Selective attention; joint attention; sustained attention; response inhibition.

She then went into a more detailed explanation and examples of each of the functions. As we age, a healthy brain maintains strong impulse control. Poor impulse control is an indicator of potential brain health issues. Our working memory capacity increases as we age but between age 40-60, begins to revert back to where we were as teenagers. As we mature, we should be concerned with memory loss that disrupts daily life; challenges in planning or solving problems; difficulty completing familiar tasks; consistent confusion with time or place and forgetting the names of familiar people. Finally, Dr. Enz addressed the different types of attention: joint attention, selective attention, sustained attention, and response inhibition.

Dr. Enz concluded her presentation by presenting strategies for brain health. These include, but are not limited to:

- Learn new skills; keep attending classes.
- Physical activities – 20-30 minutes per day
- Eating well
- Sleeping well

(NOTE: The "Seminar handout" includes a shortened version of the Executive Function Quiz (Memory Self Test). There is also a "Seminar slide deck" and a seminar video recording located on our website at <https://asura.asu.edu/past-seminar-stories>.)

May 2023: Fitness for Longevity

"Fitness for Longevity" was presented by Noah Arenson, physical therapist and one of the owners of Contact Physical Therapy. Noah started his presentation by telling us the importance exercise has on brain health. Exercise can increase the thickness of our cerebral cortex and improve the integrity of the white matter (the nerve fibers that connect areas of the brain's nerve-cell-rich gray matter). It also promotes neuroplasticity, which is our brain's ability to form new neural connections or our ability to learn throughout our life. Research has shown that exercise helps combat depression and for those who suffer from mild depression, it is the strongest, safest, most practical, and most affordable treatment. It can also extend the

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lifespan of a healthy brain and delay the onset of neurodegenerative disorders like Alzheimer's and Parkinson's diseases. Our cardiovascular health is also impacted by exercise. With exercise, we optimize our oxygen uptake. Exercise works like a beta blocker and helps to increase high-density lipoprotein or HDL.

Noah then went on to introduce and discuss the "four pillars of exercise".

- **Stability** is the first pillar. It is the cornerstone upon which all exercise and movement relies. It's what kicks in when you bend over to pick something up off the floor, or someone brushes against you in a crowded space. There are several ways stability can be measured but one of the simplest ones is the "timed up-and-go" test. In this test, you will sit in a chair, stand up and then walk for about 10 feet at your regular pace, then sit down again. If it takes 12 seconds or more to perform this test, you may be at a higher risk for fall. Noah then presented a short video on the types of exercises you can do to improve your stability.
- **Aerobic Efficiency** is the second pillar. The goal for aerobic efficiency is achieving a healthy "Zone 2" level. At Zone 2 level, you should be able to walk and carry on a conversation without getting out of breath. You should be able to breathe easily through your nose and you should be able to get your heart rate up to about 70% of the realized maximum heart rate (subtract your age from 220 to get your beats per minute). Zone 2 exercise is a slower paced exercise like walking. Noah showed another video defining aerobic efficiency.
- **Resistance training** is the third pillar. By definition, resistance training is any type of exercise that moves against resistance! It helps promote muscle development, improve posture and bone density. Types of resistance training exercises include squats, push-ups, pulls-ups, free weights, and machines. While aerobic exercise will improve the cardiovascular system, it does nothing to strengthen muscle development. The minimum effective dose to gain muscle is to do 4 sets per muscle being exercised per week. Again, Noah showed a video on what type of exercises can be included in resistance training.
- **Anaerobic Training**, last but not least, is the fourth pillar. While aerobic training can be achieved through walking for an extended time period, anaerobic training requires you to push yourself to a higher intensity for shorter time periods. This is also known as "Zone 5". The example Noah gave was for someone who is capable of doing so, to jog for 10 minutes to warm up, then do four 4-minute intervals of faster running, with three 3-minute intervals of moderate jogging or fast walking and then a 5-minute cool down (4-3-4-3-4-3-4-5). You start in Zone 2, transgress to Zone 5, then back to Zone 2, then to Zone 5, etc. More videos were shown on how to achieve anaerobic training.

Noah concluded his presentation by giving us a sample weekly exercise schedule. He stressed over and over that before beginning any exercise program, be sure to discuss your goals and intentions with your doctor! You need to be doing what is right and best for you in your current health condition to optimize effectiveness and keep risk of injury at a minimum. It is critical to work as a team.

(NOTE: Noah's presentation slides and seminar video recording can be found on our website at <https://asura.asu.edu/past-seminar-stories>.)

Time to Renew Your ASURA Membership

Current ASURA members were recently mailed or emailed information on renewing their ASURA membership. Information on how to pay via mail or on-line can be found at the following website: "<https://asura.asu.edu/renew-membership>"

To join ASURA for the first time, please visit "<https://asura.asu.edu/how-join>". Introductory membership is **FREE!**

Spring Luncheon at Friendship Village — March 2023

*submitted by Mary Stevens, Barbara Eschbach & Barry McNeill;
photos by Elmer Gooding*

March 1st, a cold and windy day, was an exciting day for over 60 attendees at the ASURA Spring Luncheon — the first spring luncheon since 2018. Five years we had to wait but it was worth it. Mary Stevens, Chair of the Luncheon and Special Events Committee, asked Barbara Eschbach to organize a spring luncheon and Barbara outdid herself.

The luncheon was held at Friendship Village Tempe, where many ASU retirees are residents. Friendship Village did an outstanding job of creating an inviting setting (in ASU maroon and gold, of course!) with a fresh flower arrangement on each table. They also served an excellent lunch with all the "trimmings!"

As good as the ambiance and food were, the highlight of the luncheon was the musical entertainment provided by the duo, "WildeP'lay." Richard Palalay was the pianist and Donna Wilde, the vocalist and sax player. As the music played you could see the audience, tapping their feet or maybe silently clapping. Many of the songs included nice short stories. No vote was taken but the two Elvis songs were certainly among the favorites. The luncheon closed with an incredible "Phantom of the Opera" piano medley created by Richard!

To sum it up, one member mentioned as she was leaving, — "I hope you give a thumbs up review for today's lunch and especially for the music — a very good singer and a superb pianist. My head is still full of music. It's great for the mind and body. What a crowd! One of the big successes of ASURA."

The event coordinator was Barbara Eschbach, who engaged the support of Friendship Village's Activities, Dining and Marketing departments. A great time was had by all!

(Note: more photos at <https://asura.zenfolio.com/p593789445>)



Deanna Stulgaitus,
Suzanne Bias,
Paul Farace,
Cecillia Hook



Dottie & Harold
Fearon, Jerry Poe,
Marj & Gary
Anderson, Marilyn
Wurzburger, Judith
Smith



Betty Ludlow,
Marge Garrity, Joy
Shearman, Dave
Hrabe, Sandra
Somers, Ms Z,
Aleksandra
Gruzinska



Jay Butler,
Zdzislawa Lodej,
Helen & Walt
Seaton, Jane
Conrow, Judith &
Chuck Backus



Penci Culiver,
Patsy Brock,
Henry Stevens,
Mary Stevens,
Hoyte & Cristina
Tillman



Dick Richardson,
Maria Hesse, Sue
Janssen, Kim
Sisson, Barbara
Eschbach, Dick's
guest



Jerry Snyder,
Karen & Dave
Schwalm, John &
Cathleen Brock,
George & Barbara
Seperich, Barry
McNeill

2023 ASURA Day at the Capitol

Global solutions for the future that touch many facets of life in Arizona and beyond were on display from Arizona State University at our annual gathering at the state Capitol on April 11, 2023.

Hundreds of alumni, faculty and staff gathered on the Wesley Bolin Memorial Plaza as part of the annual ASU Day at the Capitol to showcase the university's research and innovations that keep ASU on the forefront of solving some of the biggest challenges and creating opportunities for a better future.

Along with our ASURA representatives, nearly a dozen colleges and units were represented this year with displays that featured manufacturing technology, artificial intelligence, water research, affordable housing, criminal justice reform, space exploration and more.



Sparky, Kay Faris



Sparky, Mark Henderson,
Barry McNeill

Life Care Planning

submitted by Connie McNeill, Websites Co-Chair

Start Now

The goal of Life Care Planning is to promote and maintain the good health, safety, well-being, and quality of life of elders and their families. Such planning is an important task for all of us, whether young or old, healthy or facing challenges. None of us knows what life has in store, so taking steps to tell our loved ones of our wishes can make all the difference on our end of life care.

The following material is taken directly from a Life Care Planning packet available on the [Arizona Attorney General's](#) website.

Talking with others about your wishes

You should consider the people that you can begin your life care planning conversations with. Your medical care is about you — start the conversations with those who can help you consider what medical treatments you may or may not want if you become incapacitated, or as you approach the end of your life.

- Your health care agent (the person you select to make health care decisions for you)
- Your spouse, children, other relatives, and close friends
- Your doctor, clergy person and others

Life care planning documents

- **Health care power of attorney:** This form allows you to select a person to make future

medical decisions for you if you become too ill to communicate or cannot make those decisions for yourself.

- **Living will:** This form allows you to list out the type of medical treatments you do or do not want for your end-of-life care. It should go with your health care power of attorney form so your agent knows your wishes.
- **Mental health care power of attorney:** This form allows you to select a person to make future mental health care decisions for you in case you become incapable of making those decisions for yourself.
- **Prehospital medical care directives (do not resuscitate):** This form needs to be on orange paper and should be signed by you and your doctor. It informs emergency medical technicians (EMTs) or first responders not to resuscitate you. Sometimes this is called a “DNR – Do Not Resuscitate”. Please note this is valid prior to going to a hospital. If admitted to a hospital they may require you to fill out another form for their hospital.
- **Registration agreement (optional):** If you would like to register your documents with the Arizona Health Care Directives Registry, you MUST fill out this form and submit it with your documents.

(Note: The Life Care Planning documents can be filled out and submitted without consulting with a lawyer but you may find it helpful to talk with an Elder Law/Life Care Planning lawyer for advice.)



ASURA Calendar of Events: Summer & Fall 2023

EVENT	DATE
Pre-Retirement Seminar: Panel	June 26, 2023
Pre-Retirement Seminar: TIAA/Fidelity	July 24, 2023
Pre-Retirement Seminar: <i>topic to be determined</i>	August 28, 2023
ASURA Board Meeting	September 12, 2023
ASURA Meet & Greet: <i>date, time & location to be determined</i>	September 2023
Pre-Retirement Seminar: <i>topic to be determined</i>	September 25, 2023
International Trip to Costa Rica:	March 11-24, 2024

Please put these dates on your calendars. When the events get closer, additional information will be available on our website, <https://asura.asu.edu> and the monthly E-News and you will be able to register for the events. Also, as we get more into the Fall and Spring and new events are added, you will be notified by email and updates noted in the monthly E-News.

We are always open to any suggestions from our ASURA members as to what events or travel (local and international) you would like ASURA to consider.

Please share your ideas with Trudy Perez, Events Coordinator at trudy.perez@asu.edu.



Obituary Notifications: January 2023 to May 2023



submitted by Tara E. Roesler

Please note that all obituary notices and photos, when available, are on our website at <https://asura.asu.edu/asu-obituaries>.

Name	Date of Death	ASU Affiliation/Years
Ahlborn, Linda B.	April 16, 2023	ASU Library/unknown-2010
Alcock, Dr. John	January 15, 2023	Zoology Department (School of Life Sciences)/1972-2022

Obituaries continued on page 14

Name	Date of Death	ASU Affiliation
Bando, Sal	January 20, 2023	ASU Baseball/1965
Black, Susan Evaline	December 13, 2022	ASU Library/years unknown
Brandenburg, Dr. Richard George	January 13, 2023	Affiliation unknown/years unknown
Bryn, Dr. Sandra	March 7, 2023	Education Professor/years unknown
Cox, Ray	December 23, 2022	Voice of Sun Devil Sports/19 years
Cross, Dr. James C.	March 21, 2023	Associate Professor Business Administration/years unknown
Davidson, Dr. Elizabeth (Betty)	January 28, 2023	Zoology Department/1973-2018
Fabian, Dr. Michael W.	February 11, 2023	Instructor Affiliation unknown/years unknown
Fiedler, Paul Deroy	January 19, 2023	ASU Academic Facilities Architect/25 years
Fleming, Dr. Gail Phillips	February 25, 2023	Child Development and Early Childhood Education/years unknown
Gamboa, Henry Martinez	April 2, 2023	Affiliation unknown/years unknown
Hill, Justin Paul Kealapon	April 16, 2023	Executive Assistant Social Advancement/November 2021-April 16, 2023
Hood, Dr. Stafford Louis	January 15, 2023	Professor of Counseling/Counseling Psychology/1991-2008
Janssen, Dr. James George	January 5, 2023	Professor of English/1968-2000
Kennedy, Denise	January 10, 2023	College of Health Solutions/years unknown
Kjeldgaard, Norma Buzzard	January 26, 2023	Instructor affiliation unknown/years unknown
Martinez, Jeanne	November 14, 2022	Modern Languages Department/2000-2011
Mcwhirter, Dr. J. Jeffries "Jeff"	January 20, 2023	Counseling Psychology and Counselor Education/1970-2022
Miller, Len	March 4, 2023	Cross Country Coach/years unknown
Moore, Dr. Carleton Bryant	February 10, 2023	School of Molecular Sciences and the School of Earth and Space Exploration/1961-2003

Name	Date of Death	ASU Affiliation
Moore, Juliette Rosetta Ann	January 7, 2023	Assistant Director of Intramural and Recreation Sports/1985-1989
Murphy, Janet M. (Bott)	January 4, 2023	Affiliation unknown/years unknown
Nichols, Dr. Ann W.	January 18, 2023	ASU School of Social Work/1970-2008
Page, Jr., Dr. John Boyd	March 18, 2023	Department of Physics and Astronomy/1969-2003
Provencio, Ricardo	January 27, 2023	Affiliation unknown/years unknown
Rausch, Gary Anthony	January 9, 2023	Assistant Athletic Director/years unknown
Reda, Mark Anthony	May 5, 2023	Walter Cronkite School of Journalism/year unknown-March 2023
Ronan, Dennis James	February 11, 2023	English/years unknown
Ross, Dr. Kenton Eugene	January 4, 2023	Accounting/years unknown
Royer, Jr., Gilbert	March 29, 2023	Painting Department/25 years
Senner, Dr. Wayne	November 18, 2021	Professor of Education/15 years
Smith, Dr. Christian	June 1, 2022	History Department/1971-2010
Sohn, Charles	December 6, 2022	English/years unknown
Stockmaster, Joan Mary	December 10, 2022	Facilities Project Coordinator/June 2003-May 2012 and Senior Buyer/June 2012-December 2022
Swaim Sr., Snavely Daniel	April 4, 2023	Professor of Double Bass/1975-2015
Theilmann, Robert F.	January 28, 2023	Finance Department/years unknown
Tobiason, Sarah Jane Bradford	January 23, 2023	Nursing/1963-retirement
Trujillo-Valdez, Olga "Mae"	April 5, 2023	College unknown Administrative Assistant/years unknown
Wheeler, June Dorothy	April 8, 2023	College unknown Secretary/years unknown
Wilkinson, Christopher C.	March 7, 2023	WP Carey Guest Lecturer/years unknown
Wilt, Jr., Dr. Glenn Audubon	March 19, 2023	WP Carey School of Business/1962-2012
Yazzie, Dean Lee	April 20, 2023	Technical Analyst/22 years

Volunteers Needed

Office Staff & Substitutes:

Volunteers needed to work one, 3-hour shift per week beginning Fall 2023.

Contact - Linda Van Scoy,
lvs@asu.edu

Websites Committee:

Help maintain the platforms that our websites run on.

Contact - Connie McNeill,
connie.mcneill@outlook.com

Video History Project:

Volunteers needed to view collection of interviews, then update with abstracts, table of contents, etc.

Contact - Barry McNeill,
barry_mcneill@outlook.com

Chair, Government Liaisons &

Lobbyist: Contact - Kay Faris
kay.faris@outlook.com

Prime Times is issued three times annually by the Arizona State University Retirees Association and offers special editions, as needed. It is compiled and published by Jeannette Robson, printed by AlphaGraphics, and mailed through ASU Mail Services. Articles are always welcome, subject to Board approval.

Mailing Address: Prime Times, ASU Retirees Association, PO Box 873308, Tempe, AZ 85287-3308

Arizona State University Retirees Association: ASURA has a volunteer-staffed office in the Community Services Building, 200 E. Curry Rd., Room 201B, Tempe, Arizona.

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