

ASURA President's Message

submitted by Carl J. Cross — ASURA President, 2020-2021

The year 2020 has been an unpredictable ride through the pandemic, protests and many more difficulties that made living life quite hard for people across the globe. We all should accept the fact that with every passing year, one should leave behind the bad memories and mistakes. So now, as we launch 2021, let us embrace the new year with much-needed hope and optimism for the future!

Living through 2020 has made us all smarter, and stronger, and more adaptable. Masks, social distancing, Zoom, Netflix, and telephones took on added importance in our lives and helped us stay healthy (physically and emotionally) as we connected to family, friends, and life in new ways. Now we hope for the new beginnings to be happier and long lasting. ASURA wishes the same for all of you. While beginning this new year, you should think about all that you have to be grateful for and plan for a much better future. I am reminded of the line we love so much ... *"Nothing is permanent except change."* Change is permanent and it comes obviously with the change of the year from old to new.

Although we all miss our in-person gatherings, ASURA has adapted by holding board meetings and our wonderful seminar series via Zoom. In case you missed Connie McNeill's extremely informative January seminar, "Email, Tech Tools and You," you can access it, along with an array of related helpful information in Bev Buddee's article on page 6. Watch for information on our upcoming February (nutrition) and March (physical therapy) seminars as well. Good news ... registration capacity is unlimited with Zoom.

What a year it has been! I am proud of our members across the state who remained committed to helping others through the pandemic. ASURA continues to be here for you during this health and economic crisis, and we will be here for you for years to come.

May 2021 bring good health, peace of mind, great joy and knowledge of how resilient we really are. May we also remember to breathe, feel grateful for all that we have and be kind to each other.

What the new year brings to you will depend a great deal on what you bring to the new year.

Wishing you all the best in 2021!



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ASURA Executive Board



President
Carl Cross



Vice President
Larry Edmonds



Past President
Jan Thompson



Secretary
Jane Carey



Treasurer
Connie McNeill

Board of Directors

Board Ex-Officio Members

<p>Terms Expire April 2021</p> <p>Jeff Chapman Jean Duncan Jo Madonna Connie McNeill Jan Thompson</p>	<p>Terms Expire April 2022</p> <p>Jane Carey Larry Carlson Evelyn Cesarotti Carl Cross Frank Koonce</p>	<p>Terms Expire April 2023</p> <p>Larry Edmonds Kathy Gunn Mark Henderson Jill Massara Trudy Perez</p>	<p>Alumni Association Emeritus College Liaison Human Resources University Club Liaison University Affairs University Senate University Staff Council</p> <p>John Davis Ruth Jones Judith Cato Carl Cross Kendra Burton Simin Levinson Jared Vibbert</p>
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Committees

<p><u>Community Outreach</u></p> <p>Adopt-A-Family: Ginny Sylvester</p> <p>Scholarship: Joy Shearman Barbara Fargotstein</p> <p>Video History Project: Barry McNeill</p> <p style="text-align: center;"><u>Events</u></p> <p>Events Committee Chair: Trudy Perez</p> <p>Luncheons/Special Events: Trudy Perez</p>	<p>Seminars: Beverly Buddee</p> <p>Pre-retirement Seminars: Trudy Perez & Liz Badalamenti</p> <p>Travel: John Brock</p> <p style="text-align: center;"><u>Finance & Fundraising</u></p> <p>Finance: Connie McNeill & Carolyn Minner</p> <p>Book Donations:</p>	<p>Mary Stevens</p> <p style="text-align: center;"><u>Government & Health Insurance Liaisons</u></p> <p>Government Liaisons: Legislative - Jeri Meeks & Tara Fuchs Roesler, Lobbyists; Pat Schneider, Bill Stasi, David Gay, Martha Cocchiarella</p> <p>ASRS - Dick Jacob ADOA - Larry Carlson</p> <p>Health Insurance Liaisons: ASRS - Dick Jacob ADOA - Larry Carlson</p>	<p style="text-align: center;"><u>Membership & Communications</u></p> <p>E-News: Barry McNeill</p> <p>Membership: David Schwalm</p> <p>Obituaries: Becky Reiss</p> <p>Prime Times Newsletter: Jeannette Robson</p> <p>Website and Database: Connie McNeill</p>
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Office Staff

<p>Office Staff Coordinators - Linda Van Scoy and Nancy Lesko</p> <p>Business Operations Manager - Carolyn Minner Technology Manager - Connie McNeill</p> <p>Phone: (480) 965-7668 Fax: (480) 965-7807</p>	<p>Spring 2021 Office Hours</p> <p>February 16, 2021 (until further notice)</p> <hr style="width: 20%; margin: auto;"/> <p>11:00 am - 2:00 pm Tuesday, Wednesday, Thursday</p> <p><i>(Please call beforehand)</i></p>
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Welcome New ASURA Members

Abbs, Angela Aberger, Thomas Beck, Terri Burnham, Robert Chaplin, Anna Chapuis, Jean Conrad, Michael Cutter, Robert Davis, Rebecca Decker, Scott Dempster, Thomas Derosa, Corinne	Dillon, Corinne Dustman, Patricia Edmonds, Leonard Faulkner, Irvin Garcia, Antonio Hanley, Richard Hesse, Maria Hurst, Carol Igras, Leon Johnson, William Kauffman, Karl Kyle, Kathryn	Kyler, Marilyn Lehman, Peter Lynk, Myles Mays, Larry Melody, Noeleen Millmyn, Nina Miranda, Patricia Molina, Sammy Neufeld, Mark Pierce-McManamon, Francis Pompa, Maria	Rastad, Sally Roberts, Cheryl Sercl, Jo Anne Shire, Sandra Sideris, Karen Snider, Gerald Toon, Richard Walker, Stephen Warner, Carolyn Weigand, Robert
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ASURA Office Updates

submitted by Linda Van Scoy and Nancy Lesko — ASURA Office Coordinators

The office still remains temporarily closed but the wheels continue to turn as several staff are working at home checking voice mail messages, picking up and processing the mail, continuing to organize our spring seminars via Zoom, and of course paying the bills. We are looking forward to returning to normal as I am sure you are too. When we do open the office we will send an announcement to members as to what our office coverage will be.



In the meantime, continue to call (480) 965-7668) or email Nancy (nclesko@asu.edu) or Linda (lvs@asu.edu) if you have questions, event reservation requests, books to donate or need empty boxes.

STAFF REPORT

We are sorry to report the passing of a previous office staff volunteer, Anna Marie Shivers. If you ever met her then you know that we lost a lovely, cheerful, and helpful soul with so many interesting stories. Born in Czechoslovakia during WWII, she grew up and studied in Germany, Switzerland, England/Wales, and France. She worked in ASU Student Health and after retirement was an office staff volunteer at the ASURA office from 2008-2015.



Bonnie Scheall has decided to retire from her ASURA Office volunteer position. However she will be on our substitute list and we are happy about that. Bonnie has been a dedicated ASURA member and office volunteer for many years. Many of you have had the benefit of interacting with Bonnie and her pleasant, cheerful and helpful way.

Happy New Year from your office staff members. We certainly hope it will be just that and more!

Volunteers Needed

- **Office staff/substitutes** — **Contact:** Linda Van Scoy, lvs@asu.edu or Nancy Lesko, nclesko@asu.edu
- **ASURA Committee members** — **Contact** — Carl Cross, carl.cross@asu.edu
- **Video History Project** — Volunteers needed to view collection interviews then update with abstracts, table of contents, etc. **Contact:** Barry McNeill, barry_mcneill@outlook.com
- **Technology/Website Committee** — Needs help to maintain ASURA's technology infrastructure. **Contact:** Connie McNeill, connie.mcneill@outlook.com

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. We'll use proceeds of the sale to support our programs. Half of the proceeds will be used for our ASURA scholarship that goes to an ASU student, and half will be used for our Video History project. The ASU Foundation, a separate nonprofit organization that exists to support ASU, will provide you with a gift receipt for tax purposes.

If you have books to donate, first box them up. If you need boxes, you can pick some up from our office. Be sure to call before coming to make sure we have boxes on hand and a volunteer in the office.

- When boxing your books, please do not overfill the boxes and leave sufficient room to cover or close each box.
- When the books are in boxes: 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 boxes of books to [our office](#). Parking is readily available by the building. We have a dolly you can use. There are 3 ramps into the building, and an elevator to the 2nd floor.

If you cannot box your books on your own or cannot bring them to us, please contact Mary Stevens, (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.



“Email, Tech and You” Seminar — Spring 2021

submitted by Beverly Buddee — Seminars

The “Email, Tech Tools, and You” seminar was held entirely via Zoom on January 14, 2021. Over 60 people of the 90 who registered signed in to participate. Because the seminar was entirely via Zoom, we do not have any nice photos of the attendees who participated in this event but do have the following:

- **An expanded version of the slides used in the seminar:** In this version, the slides have content ... much of what was said during the seminar is captured on the slides. This version also includes full instructions and demos for moving from ASU Outlook to another email service. (<https://asura.asu.edu/sites/default/files/seminars/emailtechtoolsandyou.pdf>).
- **Zoom video recording of the seminar:** (<https://www.youtube.com/watch?v=mkFrbN9MaiQ+&feature=youtu.be>)
- **Links to supplement seminar content:** (https://asura.asu.edu/sites/default/files/emailseminarlinks_0.pdf)



Get Out the Vote! 2021 ASURA Board Members Election

submitted by Jan Thompson — Chair, ASURA Board Nominating Committee



Hello ASURA Members! It's that time again and we need to hear from you. The annual board election is an important process for our organization and it is always our goal to hear from every member. Ballots have been distributed via email and regular mail and we need to hear from you by **February 28, 2021**. If you have misplaced your ballot or email announcement you can vote as follows:

1. Download and complete a ballot from the ASURA website at <http://asura.wildapricot.org/resources/Ballots/BoardBallot.pdf>, or
2. Call the ASURA Office at (480) 965-7668 and ask for a ballot to be sent, or
3. Email asura@asu.edu with your vote. The email subject should be "ASURA Board Ballot" and the content should contain the names of the candidates for whom you are voting (up to five names) and your name.

Thank you for participating in this election process. Our sincere thanks to the following five members who have agreed to serve as our board member nominees this year. Full bios for each nominee can be found on your ballot and on our website: <http://asura.asu.edu/>.

ASURA 2021 Board Election: Slate of Nominees:

Rojann Alpers

Faculty, College of Nursing & Healthcare Innovation,
Tempe Main & Downtown.
(Retired 2020)



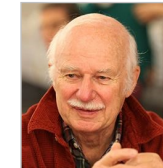
Sue Henderson

Staff, Disability Resources, Academic Advising Administrator,
Polytechnic, Tempe Main & West.
(Retired 2019)



Barry McNeill

Faculty, Mechanical & Aerospace Engineering, Tempe Main.
(Retired 2006)



Helene Ossipov

Faculty, School of International Letters & Cultures, Tempe Main.
(Retired 2020)



Carol Taylor-Tassone

Staff, Facilities Management, West & Tempe Main.
(Retired 2013)



Tri-University Meeting - November 12, 2020

submitted by Carl Cross and Jan Thompson

ASURA was well represented at a follow-up meeting of the Tri-University Retirees' Associations where we continued discussions that began at the October 9, 2020 gathering. President Carl Cross, Vice-President Larry Edmonds, Past-President Jan Thompson, Secretary Jane Carey, and Legislative Liaison Jeri Meeks represented ASU. Representatives from NAU included Shannan Rice, John Nauman, Kathleen Zahl, and Betsy Kerr while President David Earnest represented UofA.

The focus of discussion was recruitment — sharing ways to recruit new leadership, new board members and new general members to our organizations. ASURA maintains a database of those who express an interest in being on the board and especially strives to recruit newly and recently retired people for leadership positions.



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Other membership recruitment ideas included:

- Partnering with HR to identify and contact new retirees
- Working with the Emeritus College
- Advertising the benefits of membership
- Offering pre-retirement seminars to increase awareness of our organizations
- Free luncheons for members, with a fee for non-members
- ASURA's fall Meet-n-Greet free pizza party, inviting all recent retirees
- Free year of introductory membership
- Small interest groups, e.g., Travel, Bridge, Golf

Kathy Zahl from NAU participated in several of AROHE's "Idea Exchange" seminars and encouraged everyone to utilize this valuable resource. Topics have included partnership with university and community leaders, engagement, and involvement of students in various capacities with retirement groups.

We also discussed the desire to increase diversity in our organizations, noting that younger faculty are becoming more diverse but may not be nearing retirement age. Staff are generally more diverse and we need to reach out to encourage their involvement.

Finally, we discussed the possibility of a Tri-University membership which would give members access to activities of all 3 associations. We agreed to talk with our respective boards about this idea in the near future and report back.

Because we all enjoyed the lively and productive exchange of ideas, we agreed to begin meeting quarterly. Future dates have been set for Feb. 11, May 13, and August 12.

ASURA Calendar of Events — Spring 2021

Event	Date/Time *
ASURA Board Meeting	Tuesday, February 9, 2021
Brain Health & Ageing Well: A Focus on Diet	Thursday, February 11, 2021
ASURA Board Meeting	Tuesday, March 9, 2021
Physical Therapy Seminar	Thursday, March 11, 2021
ASURA Board Meeting	Tuesday, May 11, 2021

* Unless otherwise noted, all event times are **10:00am-Noon**

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



As a reminder, we are always open to any suggestions from our ASURA members as to what events or local/international travel you would like us to consider. Please share your ideas with Trudy Perez, Chair of the Events Committee at trudy.perez@asu.edu.

Government Liaison's Report - Spring 2021

Submitted by Jeri Meeks, Past President and Government Liaison, ASU Retirees Association

Legislative Liaison Committee: Jeri Meeks, Lobbyist, Tara Roesler, Lobbyist, Pat Schneider, Larry Carlson, William Stasi, Martha Cocchiarella and David Gay (not pictured)

The 55th Legislature First Session started as scheduled in January 2021 and there is a lot of business to do! The last legislative session's work came to a halt in the middle of March 2020 when the Governor released its first COVID-19 executive order. An on-again-off-again legislative schedule last spring had the House and Senate working at different times, resulting in a bare bones FY20-21 budget and hundreds of bills left waiting. But our lawmakers have hit the ground running in 2021, with bills already introduced and moving through the appropriate standing committees.

Here are some of the bills we are watching this spring:

- HB2008 – ASRS; employer; member; contributions
- HB2028 - Treasurer; investment of trust funds
- HB2059 – Retirement systems; benefit computation; return-to-work
- HB2138 – ABOR; optional retirement programs
- HB2139 – ASRS; self-insurance program
- SB1052 – ASRS; required beginning date; distributions
- SB1053 – ASRS; non-participatory employer liability
- SB1054 – ASRS; self-insurance program



Governor Ducey gave his State of the State on January 11, 2021. It was short, under half an hour, and the first half of his address was spent defending his Covid-19 response decisions. The Governor stated that his first priorities are getting the economy up and running, cohesive government and providing a comprehensive coronavirus response and the related addiction, suicide and mental health issues. Other priorities are:

- Opening schools and getting kids caught up. *Governor Ducey did make some confusing statements about not funding “empty seats”. Those statements were later clarified, the Governor is not denying funding to schools who are teaching remotely.
- Tax reform and lower taxes
- Eliminating unnecessary state buildings
- Broadband expansion, greater access to telemedicine
- Better roads and bridges
- World leader in water innovation
- Better equipment and training for law enforcement
- Criminal justice reform
- Guarding against wildfires

The Arizona Board of Regents' stated focus this legislative session is on their state budget request. Their new funding model is *The New Economy Initiative*, which is designed to enhance Arizona's competitiveness with strategic investments in our three public universities. Under this model ASU will design and launch the largest engineering education and research center in the United States. Northern Arizona University will provide talent in the high demand mental and behavioral health care fields. And the University of Arizona will enhance medical professional and research, increase capacity for careers in national security, space technology and planetary defense and establish Arizona's only School of Mining to develop Arizona as a world-class leader in mining for the 21st century. ABOR believes this targeted approach toward workforce development in high-value industries will yield a positive return on state investment.

In addition to the *New Economy Initiative* budget request, ABOR is asking for monies for Distributed

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Learning Centers, which will enhance the viability and scale of university learning centers throughout the state, with special focus on rural counties. They are also requesting enhanced funding for need-based financial aid for Arizona high school graduates, increasing homegrown talent through a transparent state-sponsored program. Lastly, ABOR is asking for an FY21 supplemental budget allocation to restore funds from past years and to cover pandemic shortfalls.

Lastly, in light of this past year's turbulent election and civil unrest, Arizona Congress is considering a probe of GOP lawmakers at the US Capitol during the riot, subpoenas to examine election equipment and Arizona voter records, the Governor's tax reduction proposal right after the voters approved Prop 208 and security at the Arizona Capitol as armed citizens continue to protest the handling and results of the November 2020 election.

We are pleased to have a growing team of "ASU Retiree Association Legislative Watchdogs" monitoring the bills as they move through the legislative process, attending retiree related meetings and conferences and working with state and local representatives. My thanks to Tara Roesler, Pat Schneider, William Stasi, Larry Carlson, Dick Jacob, Suzanne Bias, David Gay and Martha Cocchiarella and all of our members who bring issues affecting retirees to our attention. Would you like to see what bills have been introduced? What legislative district you live in or who your Senator and Representatives are? The Arizona State Legislature website has all of that and more! Please visit <https://www.azleg.gov/>.

Would you like to be an ASURA legislative watchdog? We would love to have you! Please contact me with your interest: jeri.meeks@asu.edu. Thank you!

References:

- Governor Ducey's 2021 State of the State: <https://azgovernor.gov/governor/news/2021/01/governor-ducey-delivers-state-state-address-outlines-2021-priorities>
- Arizona Board of regents 2021 Budget: <https://www.azregents.edu/news-releases/university-budgets-state-budget-request-including-supplemental-funds-due-pandemic#:~:text=The%20fiscal%20year%202021%20annual,represent%2014%20percent%20of%20revenue.>
- Activists challenge court ruling on open meetings legislators: <https://azcapitoltimes.com/news/2021/01/12/activists-challenge-court-ruling-on-open-meetings-laws-for-legislators/>
- Ducey speech confuses, alarms school leaders, teachers: <https://azcapitoltimes.com/news/2021/01/15/ducey-speech-confuses-alarms-schools-leader-teachers/>

Governor's Advisory Council on Aging - Spring 2021 Report

submitted by Jeri Meeks, Legislative Liaison (Lobbyist)

The Governor's Advisory Council on Aging (GACA) gathers and assesses information about seniors' needs and aging trends by monitoring and raising awareness about programs and policies that affect older adults. GACA helps to support the ongoing work of the Community & Legislative Partners in Aging (CLPA) meetings, hosted by Senator Heather Carter, Senator Lela Alston, Rep. Regina Cobb and Rep. Jennifer Jermaine and AARP. The Governor's Office of Youth, Faith and Family (GOYFF) values this long-standing relationship and looks forward to supporting this partnership and engaging with stakeholders to enhance the quality of life for older Arizonans.



The Governor's Office of Youth, Faith and Family – Community and Legislative Partners in Aging held

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one meeting in the Fall of 2020. CLPA also promoted the World Elder Abuse Awareness virtual conference (please see Pat Schneider's article in this Prime Times) and shared information on an End Well virtual event in December.

Alzheimer's During the Coronavirus Pandemic was held on November 17, 2020. This meeting's discussion was centered around Alzheimer's — a disease that affects everyone in some way. The guest presenters were James Fitzpatrick, Director of Public Policy for the Alzheimer's Association-Desert SW Chapter and Dr. Eric Reiman, Director of the [AZ Alzheimer's Consortium](#).

James Fitzpatrick started the discussion with an update from the Arizona Alzheimer's Association. Arizona has had the fastest growth rate of the coronavirus in the United States and Covid-19 is the 4th leading cause of death in our state. This virus has uniquely and negatively affected the Alzheimer's community and those with dementia. Communication and cognitive skills decline swiftly with family visitation restricted and caregivers are overtaxed. Many caregivers suffer from stress and related diseases and have to quit working altogether. Support group participation has declined. Access to community services is essential, but severely impacted by Covid-19.

Dr. Reiman discussed Alzheimer's therapies and prevention. There is a consensus within the AZ Alzheimer's Consortium, a statewide collaboration in Alzheimer's Disease research, that there will be a prevention therapy within the next five years. Consortium partners at ASU, Banner Alzheimer's Institute and Sun Health Research Institute, Barrow Neurological Institute, Mayo Clinic, Tgen and University of Arizona, are working together to develop best practices for research and care, with the goal of a prevention therapy. The state and federal government are funding 50-60 new studies a year. Next year's prevention trial, using subjects with no symptoms but brain indicators such as amyloid plaques, will employ an amyloid antibody. If successful there could be a gene therapy in 2025.

Presently the FDA is in the process of approving an affordable blood test which identify amyloid plaques. As of right now 60% of patients with Alzheimer's are never tested or diagnosed with the disease.

References:

- The Alzheimer's Consortium - <https://azalz.org/>
- End Well - https://endwellproject.org/take-10-end-well-2020/?mc_cid=747e35cac3&mc_eid=04d48f5ac8

Upcoming meetings:

- January 19, 2021 - COVID-19 vaccinations in long-term care centers and their care-providers
- February 16, 2021 - TBD
- March 16, 2021- TBD
- April 20, 2021 – TBD

Donate to ASURA



Would you like to support the ASU Retirees Association or one of our projects? You can do so any time ... you don't have to wait for our annual membership drive. We are very grateful for any support you can provide.

In addition to providing direct financial support to the funds listed at asura.asu.edu/donate you can help support us by [donating your used books](#).



If you would like to include ASURA in your estate plans, please [contact the ASU Foundation](#).

Gifts in support of ASU may be considered a charitable contribution. Please consult your tax adviser regarding the deductibility of charitable contributions.

“World Elder Abuse Awareness Day” Virtual Conference — November 9-10, 2020

submitted by Patricia Schneider, Legislative Liaison Committee



The *World Elder Abuse Awareness Day Virtual Conference* was a live, virtual event hosted by the Arizona Department of Economic Security. The target audience for the conference was individuals and communities that serve and advocate for the elderly and vulnerable communities, such as the developmentally disabled. The conference provided people from government agencies, non-profit and for-profit organizations and service providers an opportunity to network and connect.

The event was held over two days, November 9-10, 2020, and consisted of keynote speakers and over 25 different breakout sessions. The tracks were broken up into seven (7) different categories covering advocacy in long-term care facilities, emerging issues with older adults, family caregivers, integration and risk reduction of vulnerable populations, interpersonal violence, legal and safety. This article will focus on highlights from two (2) of the sessions.

Preventing Caregivers Compassion Fatigue

Dr. Dorothy J. Dunn, an Associate Professor of Compassion Fatigue at Northern Arizona University, School of Nursing, presented how research is being done on compassion fatigue that manifests itself within both the formal and informal caregiver. She started by defining what compassion fatigue is ... a term that describes the physical, emotional and psychological impact of helping others often experienced through stress or trauma. Not to be confused with burnout, compassion fatigue encompasses a more specific experience, which may be brought on by a stressful environment, lack of resources, of excessive hours spent in compassionate care.

She outlined the main phases associated with Compassion Fatigue:

- Enthusiasm – Ready to take on the world; desire to help wherever needed doing whatever needs to be done.
- Irritability – Things are not going quite as was expected; overwhelmed; concentration off; starting to distance yourself from the person(s) you’re taking care of.
- Withdrawal – Start to neglect things, whether this be regular tasks to personal hygiene; complain a lot; tired all the time even if you are getting appropriate rest.
- Zombie – Irritation turns to anger; don’t want to be with any people; no time for fun; checked out on life; suffer in silence.
- Recovery – Reach out for help; recognize what your triggers are and what to do when they hit; self-examination of yourself; develop a plan to re-enter “normal” life.

Dr. Dunn stressed that it’s important for caregivers, in any capacity, to take time to care for themselves. She emphasized the importance of identifying the triggers that indicate you are getting fatigued, like constant sighing, so you know when you are headed to fatigue. It’s important to find your “respite” area, the place you can go to just to relax, like a favorite chair.

She strongly urged that you seek help. It’s **NOT** a sign of weakness and better to do before reaching the withdrawal or zombie stage. Let other people help with tasks. Sure, they may fold the towels a bit differently than you do, but at least they are getting folded! Also, don’t forget about your nutrition. Finally, if you don’t take care of yourself, you won’t be at your best to be present for the person you are taking care of.

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Living Alone with Dementia; Addressing Challenges to Help Reduce Risks for Abuse

Dr. David W. Coon is a professor and researcher in the Center for Innovation in Healthy & Resilient Aging at Arizona State University. Dr. Coon presents the need of the growing number of people living alone with dementia and provides steps to address challenges experienced by this population.

Dr. Coon indicated that there are multiple steps that should be taken to help reduce risks:

- Identify those who are living alone with symptoms of dementia
- Build trust
- Involve family and friends
- Support safety and autonomy
- Coordinate with paid providers and formal support services
- Assist with transition to a new setting

Plan for the future

- 1) Building support for the person living alone was a key component to the presentation. Dr. Coon presented suggestions that one should take in addressing the needs of the individual.
- 2) Perform functional assessments to help identify the specific support the individual need. One of these includes financial stability. It is also important to keep culture and diversity at the forefront to help ensure dignity and respect based on the individual's background when performing the assessment.
- 3) Assess the living situation:
 - Can they prepare meals or grocery shop?
 - Can they perform daily hygiene tasks?
 - Are they wandering?
 - Can they take care of financial obligations?
- 3) Build a care team in consultation with the individual. Keep in mind that teams provide support, encouragement and help implement the individual's wishes and care plans.
- 4) Identify family and friends who can provide support, assist with care, and schedule and accompany the individual to doctor appointments. Involve more than just one person in the care responsibilities.
- 5) Make use of agencies that provide services.
- 6) Plan for safety and autonomy:
 - Nutrition, hygiene, and medication management --- decide with the individual what they can manage on their own and what they would like help with.
 - Financial safety – Direct deposit of social security and any other income.
 - Transportation safety – Identify drivers and/or transportation services to assist the individual to get to appointments as needed.
 - Personal and home safety – Identify what help may be needed to do household chores or just to check on the individual's status regularly.

Dr. Coon recommended that each of us should start thinking about these things and preparing for our own future care!

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Other Sessions

Here is some additional information from other sessions that may be of interest to you.

- National Task Group on Intellectual Disabilities & Dementia Practices: This group provides a number of resources for dealing with persons with intellectual disabilities who are affected by Alzheimer's disease. Resources that can be found on their website include an early detection screening instrument and manual, training and education activities, practice guides and links to other resources and agencies <https://www.the-ntg.org>
- Northern Arizona Council of Governments, NANASP Advocacy Program – <http://nanasp.org/take-action>
- National Resource Center on Nutrition and Aging – <http://nutritionandaging.org>
- MEAPA – Maricopa Elder Abuse Prevention Alliance - <https://www.aaaphx.org/program-services/meapa/>
- Area Agency on Aging (lots of useful resources) - <https://www.aaaphx.org/>
- Arizona Adult Protective Services - <https://des.az.gov/services/basic-needs/adult-protective-services>

Obituary Notifications: September 17, 2020 to January 22, 2021



submitted by Becky Reiss

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

Name	Date of Death	ASU Affiliation
Carpenter, Georgia	September 15, 2020	College/department affiliation unknown
Carrillo, Tony Sotomayor	May 9, 2020	Associate Professor, College of Education
Carver, George L.	October 29, 2020	Professor Emeritus of Classical Languages
Case, Patricia Ann	August 3, 2020	Secretary, College/department affiliation unknown
Castillo, Andres "Andy"	Early fall, 2020	Department affiliation unknown
Chase, Lawrence S.	December 6, 2020	Field Instructor, Graduate Schools of Social Work
Clark, Sandra Jane	November 2, 2020	ASU West, college/department affiliation unknown
Creager, Robert "Bob" James	January 12, 2021	Lecturer, Family Nurse Practitioners Program, College of Nursing
Culbert, Mary Ruth	May 25, 2020	Faculty, College affiliation unknown
Cummings, Larry Landin	September 1, 2020	Member, ASU President's Club

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Name	Date of Death	ASU Affiliation
Davis, Rabbi David	July 7, 2020	Professor, Barrett, the Honors College; Osher Life Long Learning
Dickerson, Rosemary Rose	June 22, 2020	Registrar's Office
Downs, Hugh	July 1, 2020	Hugh Downs School of Human Communication
Ellis, Frankie Jo	May 10, 2020	Wife of Bob Ellis, Retired General Manager of KAET; 1st President of ASURA
Eylon, Daniel "Danny"	December 22, 2020	Adjunct Professor, Engineering
Faltz, Leonard 'Aryeh'	December 28, 2020	Emeritus Professor - English, Department of Computer Science/Engineering
Fedock, Patricia Marie	June 1, 2020	Assistant Professor of Science Education, ASU West
Florence, O. Earle	March 7, 2020	Faculty, College affiliation unknown
Foster, David William	June 24, 2020	Regents Professor of Spanish and Women and Gender Studies
Fletcher, Robert L.	December 6, 2020	Created endowment that established The Fletcher Library, ASU West
Franssen, Lois Katherine	October 18, 2020	Secretary, English Department
Frueh, Katherine Jean	December 20, 2020	Key Punch Operator
Fuchs, Jacob "Jack"	January 3, 2021	Professor Emeritus, School of Molecular Sciences
Gaines, Sylvia Wright	September 18, 2020	Profesor Emeritus, Anthropology
Gerckens, Laurence C.	January 9, 2021	Assistant Professor of Architecture
Green, Karly	September 5, 2020	Academic Advisor, College of Engineering
Hall, Ed	September, 2020	Fulton Schools of Engineering
Harris, Jr., Walter	November 21, 2020	Vice Provost, Academic Affairs
Harrison, Mark I.	January 11, 2021	Adjunct Professor, College of Law
Hegarty, Noretta Marie	November 18, 2020	Student Housing
Helmkamp III, John G. (Jack)	November 21, 2020	Chairman, Accounting Department
Henderson, Douglas	September 25, 2020	College of Liberal Arts and Sciences

Name	Date of Death	ASU Affiliation
Howard, Laurel Brigitte Robison	December 12, 2020	Professor, Mathematics
Ito, Rodney M.	August 25, 2020	University Technology Office
Jankowski, Daniel “Dan” F.	November 10, 2020	Professor, Ira Fulton School of Engineering
Johnson, Janath Flake	October 19, 2020	ASU Bookstore
Jordan, Terry “TJ” Wayne, Sr.	October 7, 2020	ASU Basketball Camps
Lein, Virginia Brandt	September 16, 2020	Financial Aid
Lockhart, Carol Ann	October 9, 2020	Faculty, College of Nursing
Klosterman, James Joseph	September 2, 2020	Department of Public Safety
Landolfi, Mary Louise (Lou)	October 7, 2020	Department affiliation unknown
Maienschein, Joyce	November 1, 2020	Mother of Dr. Jane Maienschein, Regents and University Professor, School of Life Sciences
Merkel, Richard L. (Dick)	October 16, 2020	College of Business faculty and involvement in the Center for Executive Development
Michael, Jack	November 12, 2020	Professor of Psychology
Munson, Patricia “Patti” Ann (Deuel)	September 28, 2020	Recruiting Coordinator
Murphy, Jeffrie G.	September 17, 2020	Regents Professor of Law, Philosophy and Religious Studies, Sandra Day O’Connor College of Law
Petersen, Alice Ann Rice	September 14, 2020	Developmental Research Department
Peterson, Darlene (Dolly) Faye	December 21, 2020	College/department affiliation unknown
Pina, Karyn	October 8, 2020	Associate VP for Community Outreach and Engagement
Potter, Marsha Munie	September 28, 2020	Wife of William Gray Potter, Jr., Department affiliation unknown
Quannie, Shon Paul	December 30, 2020	Associate Faculty Member, Herberger Institute for Design & the Arts
Ratliff, John David	January 8, 2021	Lecturer, Family Nurse Practitioner’s Program, College of Nursing
Richardson, Patricia	October 20, 2020	Wife of Richard Richardson, Jr., Professor Emeritus, Educational Leadership and Policy Studies, Mary Lou Fulton Teachers College
Romero, Rene Rafael “Ralph”	September 11, 2020	Adjunct Professor, ASU Advanced Public Executive Program
Rose, Stanley Edward	November 3, 2020	Faculty, Mechanical Engineering

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Ryan, Ray D., Jr.	October 8, 2020	Affiliated Faculty, Global and Technology Development, School for the Future of Innovation in Society
St.Cyr, Margaretann Alma (Reilng)	September 12, 2020	Administrative Assistant, College/department affiliation unknown
Samuels, William	September 2, 2020	Chemistry Professor
Scheer, Bernard	December 6, 2020	Guest Lecturer
Schnetzer, Linda	October 23, 2020	Information Technology Department
Schoenhals, Robert J. (Bob)	November 29, 2020	Visiting Professor of Engineering
Schouten, John J. "Jack"	October 26, 2020	Past President, ASU Newman Center Board
Schutta, Deborah (Debbie) E.	December 29, 2020	College/department affiliation unknown
Shaufler, Edwin "Ed" III	November 20, 2020	Co-established the Mark Bowland Leadership Fund
Shivers, Anna-Marie	December 13, 2020	Student Health
Siferd, Sue Jane Perrott	December 17, 2020	Professor Emeritus, Department of Supply Chain Management, W.P. Carey School of Business
Simon, Sheldon Weiss	January 2, 2021	Chair, Political Science Department; Director, Center for Asian Studies
Strickland, Rennard	January 5, 2021	Rennard Strickland Collection of Western Film History co-acquired by ASU and Scottsdale's Museum of the West
Terreault, Marilyn Cherry	November 29, 2020	Faculty, English Department
Thomas, Br. Daniel	December 18, 2020	Chaplain
Thompson, G. Richard	December 15, 2020	Visiting Professor
Tyrrel, Jerry Halloway	September 22, 2020	Research with Climatology Department
Ulrich, Donald J., Jr.	October 20, 2020	Guest Lecturer, College of Business; Board Member, ASU Foundation
Vega, Santos C.	January 2, 2021	Professor Emeritus, Director, Community Documentation Program and Community Art and Research Organization in Hispanic Research Center
Verbeke, Carly Theresa	September 15, 2020	Disability Studies Undergraduate Program
Wanee, Emery Jeffreys "Jeff"	October 26, 2020	ASU Bookstore, Book Department Manager & Assistant Manager
Wegmann, Henry Jacob, Jr.	November 18, 2020	Facilities Management
Wigand, Rolf T.	September 25, 2020	Professor, Communication and Public Administration
Wright, C. T.	October 23, 2020	Recipient of ASU's Pioneer Award; Creation of Dr. C.T. Wright Scholarship for Social Justice in recognition of his contributions to ASU
Wrona, Joan Antoinette	December 28, 2020	Administrative Assistant, College/department affiliation unknown

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