

# USC EMERITI CENTER

## Retiree Community Newsletter

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Left: Helen Dennis, an expert on issues of aging, employment and retirement, stands by a projected image of the "Wellness Wheel" which illustrates the six areas of wellness for optimal health: physical, environmental, social, emotional, spiritual, and intellectual.

Above: Bradley R. Williams, professor of clinical pharmacy and clinical gerontology.

### There's Lots To Do & See With the EC:

- On June 15, the SRA's general meeting program will delight you with a travelogue of Croatia and Illyria.
- Worried about "the Big One"? Check the enclosed flier for info on the June 22 Earthquake Preparedness presentation.
- Curious about the new Ronald Tutor Campus Center? See page 2 for how to join a sneak peek tour on June 24.

### EC Wellness Conference Gets High Marks

There's more to being well than just not being sick.

"Living Well – Aging Well: Making Wellness a Priority," a conference hosted in March by the Emeriti Center presented a wellness challenge to the USC community: practice healthy habits in six wellness areas – Intellectual, Physical, Spiritual, Emotional, Social, and Environmental.

"The Emeriti Center cares about all members of the Trojan Family," said EC Executive Director **Janette Brown**. "Helping them to stay healthy, connected, and productive is our goal. This is why we initiated the EC Wellness series. We'll continue to offer experts on wellness topics as well as include time for socialization and entertainment."

A bold "Wellness Wheel" graphic reminded people to focus on six areas of health.

**Helen Dennis**, a nationally recognized leader on issues of aging, opened the conference by enlightening attendees about the five "blue zones"

in the world where people live healthier and longer lives. All five "blue zone" populations had common approaches to life: their diets were rich in vegetables and nuts, they got lots of exercise, and the communities were spiritual, family oriented, flexible, decisive, and connected with other people. The take-away lesson was this: be active; eat in moderation; eat more vegetables and fruits; enjoy an occasional glass of red wine; have a purpose in life; take time to relax; participate in a spiritual community; enjoy family time; and surround yourself with like-minded people who

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## Staying Connected – And Well

As you can see from the front page of the newsletter, the Emeriti Center's Wellness Series continues its successful run. We initiated the series with a Financial/Legal Wellness Forum, which was planned by **Art Donovan**. And this summer, on June 22 at 11 a.m., we will offer a one-hour earthquake preparedness presentation to continue our focus on keeping safe and well. We will be planning more wellness events next fall and spring to enhance your resources and knowledge about living healthy lives. If you have recommendations for new health-related topics, please forward them to us.

Connecting socially is also an important component of good health. This past year we offered three off-campus Emeriti Center regional socials. These gatherings allow retirees to meet in convenient locations. Joining with USC colleagues and friends promotes connections, support, and enjoyment. Please remember that all USC retirees are invited no matter where they live. If you can recommend a place to meet for our next off-campus social, or would like to host one, please let us know.

Sometimes when an interesting event or opportunity arises, there is not sufficient time to send invitations

through the mail. If you do not use email, we encourage you to find a family member, friend, or neighbor who would be willing to receive Emeriti Center email announcements on your behalf. You can call us with an email address and we will add it to our distribution list so you will be kept informed.

We continue to increase student connections every year. Over the past two semesters, we have worked on a Web project with USC Computer Science students. This spring, USC Architecture students each designed a very interesting class project: a campus-based USC Emeriti Center for Creative Retirement + Scholar Apartments and Emeriti Co-housing Units (see page 8). Thanks to **Jim Moore**, Professor and Chair, Industrial and Systems Engineering, students from all majors, faculty, and retirees attended free dinners followed by Intergenerational Forums on Global Change led by Professor Emeritus, **Jack Wills**.

During the past several months, leaders from the Emeriti Center, RFA, and SRA, plus EC staff, and other USC colleagues met to create a strategic framework that will guide us in the years ahead. We are grateful to **Mike Diamond** and **Mark Robison** for

leading us through this process. We especially appreciate our new retiree advisor, **Raul Vargas**, and several

non-retired campus colleagues who took time to offer their unique perspectives. They include: **Awilda Brigand, Peter S. Conti, Margaret Harrington, David Haugland, Susan Heitman, Jerome Hughes, Brian League, Lisa Macchia, and Lou Nieto**. The strategic framework is still in draft form; so if you are interested in offering your perspective, please contact me.

This school year has been a noteworthy one for USC. President **Sample's** incredibly successful 19-year run will end this August, and we will usher in a new era with President **C.L. Max Nikias**, who has been a very supportive and productive provost for the past five years. USC is a remarkable university with tremendous talent and we look forward to supporting many successful and innovative years ahead under President Nikias' able leadership.

Have a healthy and pleasant summer! ■

**Janette C. Brown**, Executive Director  
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## Save the Date – June 24 – Tour of the New Campus Center and Lunch

The USC retiree community is invited to tour the new Ronald Tutor Campus Center this summer, on Thursday, June 24. **Patrick Bailey**, Associate Dean of Students and Executive Director of Student Life and Involvement, will be our host. We will meet at the Campus Center at 10:30 a.m. for the tour; afterwards, we will have lunch with Patrick.

The casual lunch will be a time to gather with friends and learn about how we can become more involved with USC students, alumni, and activities hosted by Student Affairs.

RSVP: [emeriti@usc.edu](mailto:emeriti@usc.edu) or 213-740-7122



*The EC will get a sneak peek at the new Campus Center before its official opening in August.*

## RFA Receives Kukos for New Programs

The annual election of RFA officers and at-large Board members for terms starting July 1, 2010 was conducted electronically in February/March; all dues-paying RFA members were eligible to vote. The results were announced at the RFA Annual Meeting on March 12. Our new Vice President/President Elect is **Bob Baker**; current VP/PE **John Orr** will become President, while I will serve as Past President. New at-large Board members are **Jack Crossley**, **Charlotte Furth**, and **Nelson Gilman**, while current Board members **Steb Chandor** (RFA President, 2007/08) and **Jack Wills** have each been elected to a second 3-year term. We sincerely thank two stalwart members who will be leaving the Board after many years of service; **Bob Biller** and **Bob Stallings** have each served for two 3-year terms, and made enormous contributions to the RFA. Bob Biller was President in 2006/07, and has chaired many committees, while Bob Stallings, the Emeriti Center Webmaster, has been an incredibly valuable advisor on both electronic and general communications.

It's been a very busy year. We introduced new programs, such as the very popular Sherry Hours and other activities planned around some of the campus Visions and Voices events. We also organized the annual spring theatre party. All activities were designed to include both social and intellectual components, and we hope that you've been able to participate in some of them. We've also made extra efforts to reach out to the Caldwell Scholars.

Recently you received the annual dues request letter along with our very informative and attractive new brochure and



### *It's a Perfect Place to Perch*

*In fall 2009, the USC Emeriti Center sponsored a park bench at the Andrus Gerontology Center. The bench honors USC retired faculty and staff and provides a resting place between the Andrus Center and the parking structure on McClintock Avenue. Above, Mitzi Tsujimoto and Len Wines relax on the bench. A plaque nearby reads "USC Emeriti Center, Colleagues for life, Since 1978."*



*Left, Natalie Cohen  
Right, John Hisserich*

membership application form, both items designed virtually single-handedly by Board Advisor **Bob Coffey** (President, 2005/06). I hope you'll help support our increased activities and outreach.

It's been an enjoyable challenge to lead the RFA this year. Best wishes for a very pleasant summer. ■

**Natalie Cohen**, RFA President  
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## SRA Involvement Increases Enjoyment

Just the other day I had the occasion to comment to a friend about having had the opportunity to serve for the past year as President of the Staff Retirement Association (SRA) and what a pleasure it has been. He and I had served together on the board of a community organization that was rife with contentiousness and every meeting was a characterized by strident battles. In contrast, the SRA board meetings are exercises in civility among a group that genuinely seem to like being together. We enjoy remembering our time at USC, renewing old acquaintances, keeping abreast of progress at the University, participating in campus activities, and, on occasion, contributing some insights based on years of experience. It is a great way to add enjoyment to one's retirement.

Recently I had the opportunity to participate in a series of meetings with colleagues from the SRA and the Retired Faculty Association (RFA) as well as staff of the Emeriti Center to plan for the advancement of the Center. I learned a great deal about how various educational institutions do, or do not, show concern for their retirees and that USC is viewed nationally as a pacesetter in the field. Even with that, however, there is still room for growth and I would like to encourage all USC retirees, both faculty and staff, to get involved with the Center and the SRA and the RFA and contribute their ideas for things we can do together. ■

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Jerry Walker

## Lifelong Learning Continues at a Brisk Pace

From "Guided Autobiography" to "Fly Fishing" to "Jazz," retirees flock to ECC courses.

In our ongoing efforts to provide "Lifelong Learning" and service to USC retirees, USC alumni, and the greater Los Angeles community, the USC Emeriti Center College (ECC) faculty presented 54 lectures and enrichment courses this spring. Our growing list of experts, found in our "Speakers Directory" ([www.usc.edu/ecc](http://www.usc.edu/ecc)), covers a vast range of disciplines and topics. Among those topics covered this spring were "A Guided Autobiography" led by **Cheryl Svensson**, held for the first time at USC's satellite campus in Irvine, the USC Orange County Center; "Piano for Seniors" led by **Bob Lipson**; and a course on "Fly Fishing" taught by the Fishing Manager at the Orvis (fly fishing equipment) Store in Pasadena.

For the second year the ECC collaborated with the USC Alumni Association in contributing speakers to the Half Century Trojans' "Going Back to College Day," where recent graduates and older alums came together for a variety of courses and activities. Professor **Thom Mason**, Thornton School of Music, spoke to a packed room on the variety of jazz singing styles in, "Sing Me a Swing Song: Why Singers Do What They Do."

The ECC continued its five-year collaboration with the

USC Alumni Club of Newport/Irvine, by providing deans and faculty for the "Distinguished Speakers Series." This spring the ECC provided Dr. **Mark Humayun**, Keck School of Medicine, who spoke on the "Science and Engineering of Artificial Sight;" Dean **Howard Gillman** of the USC College of Letters, Arts and Sciences, who spoke on "A Glimpse of the Future: Predicting the Next Ten Years for the College;" and Professor of marketing, USC Marshall School of Business, **Gerard Tellis**, who spoke on "Do Innovations Really Pay Off?" The series culminated in April with a talk by architect **Bob Murrin**, on "Designing the Tutor Campus Center," which opens officially in August.

We hope you'll join us in the fall as we continue this significant university service to our USC retirees, alumni, and the greater Los Angeles community. ■

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## Adventures in Public Speaking With Karen Lansky

"The New, The Naked, and The Nude" was definitely a title designed to pack the room.

For sheer openness and *joie-de-vivre*, no one holds a candle to the oldest seniors. Among these, the liveliest ones I've met reside at Palm Court in Culver City, a new USC Emeriti Center College destination. **Rochelle Botello**, the Palm Court's activities director, told me their average age is 87. "Don't expect too much," she warned. "Their attention's not so good." Rochelle is way too young to know the plain, unvarnished truth I've learned:



As Karen Lansky taught a roomful of seniors for an ECC class on art, she also learned a lot.

non-agenarians just want to have fun.

My recent lecture on Impressionism was titled "The New, The Naked, and The Nude," a title designed to pack the room, which it did. Wherever I speak, I hand out copies of the images I plan to discuss. As I approached a jaunty fellow sprawled in a couch, feet propped up, he waved me away. "No use giving me one of those," he said. "I'm blind." He reminded me of a man I once met while lecturing on painting at the Los Angeles Institute for the Blind. After listening intently to my analysis of Manet's "Olympia," he asked, "Would you describe that thigh again please?"

A group of ladies in wheelchairs had gathered in the front of the room near the microphone. "What is the difference," asked one, "between being naked and being nude?" She had honed in, as seniors often do, on the heart of the problem, the

point of the whole lecture. We were going to spend a very profitable hour together, I could tell. The group had brought along a mascot – Rochelle's 19-year-old squinty-eyed, toothless, long-haired dachshund, so ancient her pink tongue lolled permanently out of her mouth. One tiny lady, longing to hold something small and warm for awhile, cradled the dog gently as friends sitting on either side of her showed her the pictures.

I am grateful to my seniors. They teach me that even in extremely advanced age, when every vanity and strength we ever had has vanished into time, we can still bring curiosity, good fellowship, compassion, and above all, a terrific sense of humor, to the party. ■

– **Karen A. Lansky**, graduate of USC's Museum Studies/Master's Degree Program in Art History, lecturer in Art History and Literature, ECC

## “Colleagues for Life” Blog Provides Great Resources

I recently posted to <http://colleaguesforlife.blogspot.com/>

Here’s some items from the entry which you may find interesting:

To coordinate rides, bringing meals, etc., for someone in need, set up a calendar on [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com). Someone sets up a “needs” calendar for the person needing help and folks sign up to do what they can. This service is free and sends e-reminders to the volunteer.

For a free screen capture app, with “sophisticated features at no cost,” it’s hard to reach higher than Gadwin PrintScreen. Its attractive, easily navigated interface opens up a customization wonderland for users to decide default settings for shortcut key associations, capture preferences, and output.” For more information, go to [http://download.cnet.com/Gadwin-PrintScreen/3000-2094\\_4-10123018.html](http://download.cnet.com/Gadwin-PrintScreen/3000-2094_4-10123018.html)

For a free and highly thought of translation program, go to <http://translate.google.com>.

If you wish to comment on the proposed education standards (math and English skills) high school students should master before graduation, go to <http://www.corestandards.org/> ■



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## When the Earth Moves, Don't Be Scared, Be Prepared

The recent earthquakes in Sumatra, Baja, Haiti, Chile and China were stark reminders for all of us who live in California that we live in a state that has frequent quakes, and that we should be prepared to deal with a large-scale event.

Last winter, USC students, faculty and staff joined millions of Southern Californians who participated in the Great ShakeOut, the largest earthquake drill in United States history. USC participants “experienced” a 7.8-magnitude earthquake and then activated its Emergency Operations Plan. Among the Emeriti Center participants who sprang into action was **Bob Scales** (at far right in photo), emeritus dean of the School of Theatre.



During the drill, USC emergency teams “rescued” 75 volunteer “victims,” and a team from the university assessed “damages” to buildings on campus.

Please take some time to go over emergency plans in your own households, and to practice “drop, cover and hold,” a procedure in which you drop to the floor, take cover under a desk or table and hold on. This is a proven technique to stay safer during an earthquake when you are indoors – especially when heavy objects might fall.

To learn more about USC’s emergency preparedness, visit [emergencyprep.usc.edu](http://emergencyprep.usc.edu). For more information on how to prepare for a major earthquake and what to do during one, visit [www.shakeout.org](http://www.shakeout.org) ■

## An Editor’s Thoughts

When my daughter was 7 years old I took her with me as I walked in our neighborhood to get out the vote for the candidate of my choice in the Presidential election of 1972. As her little feet pounded the sidewalk, I was introducing her to Citizenship 101. And as she grew up, I always took her with me when I voted.

In 2008, I was in Alaska during the two national conventions, and my grandson **Cameron** watched some of the proceedings with me. He knew which “side” I was on, but I always tried to be respectful of the other side’s views.

This spring, he called me when he was watching C-SPAN with his mother on a Sunday afternoon. “Are they voting now?” he asked.

The Healthcare reform bill had been in the news for weeks, and my daughter felt compelled to watch once the voting began. So her son was watching, too. Unsure myself about the process, I had to say, “Well, they’re sort of voting on whether or not they’ll vote.”

Cameron doesn’t understand much about the process. In watching news about the debate I was sad that he saw grownups behaving badly when they didn’t get their way. Even though he’s a kid he knows it’s wrong to call people names or spit on them. When did *they* forget?

I was proud of Cameron for showing an interest in “the sausage making” part of politics, but that only lasts so long when you’re 10 years old. Soon, he rushed off to go ice fishing with his Dad, hoping to catch some Arctic char or trout for a yummy dinner. ■



– **Christine Shade**  
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*Christine and Cameron*

## Is Facebook Your Friend?

I am not a Facebook fan, although I do have an account ([www.facebook.com/bobstallings](http://www.facebook.com/bobstallings)). That aside, what should concern you if you are on Facebook (or are thinking about signing up) is Facebook's privacy policy: "... your name, profile photo, list of friends and pages you are a fan of, gender, geographic region, and networks you belong to *are considered publicly available to everyone*..." ([www.facebook.com/policy.php](http://www.facebook.com/policy.php), Dec. 9, 2009).

To change Facebook's default settings, click on the "Account" pull-down menu (upper right corner of your home page), then click on "Privacy Settings." There are five different sets of controls: Profile Information, Contact Information, Applications and Websites, Search, and Block List. Go through each one and set controls to the level of privacy with which you are comfortable. What's right for someone else may not be right for you. Facebook has a list of "Recommended Settings" ([www.facebook.com/privacy/explanation.php](http://www.facebook.com/privacy/explanation.php)), but a better discussion may be found at [www.allfacebook.com/2010/01/facebook-privacy-tips](http://www.allfacebook.com/2010/01/facebook-privacy-tips).

- Bob Stallings, [rstallin@usc.edu](mailto:rstallin@usc.edu)

## In The News

Sharing Their Expertise: USC retirees highlighted in the news, include:

- In January, *The Jewish Journal* ran an article on the photography subjects of retired public relations photographer **Irene Fertik**, noting that her photos "reveal struggles for equity, justice in Israel."

- *The Glendale News Press* quoted **Robert Tranquada**, professor emeritus (*medicine*), about urgent care facilities. As more patients explore urgent care as an inexpensive alternative, health professionals face an uphill battle in convincing patients to choose the centers over Los Angeles-area hospitals that have become increasingly burdened with emergency requests, said Tranquada.

- *Los Angeles Times* featured a U.S. Supreme Court case in which **Ralph Fertig**, professor emeritus (*social work*), is the lead plaintiff, challenging an anti-terrorism law on First Amendment grounds. The story reported that Fertig would like to help a militant Kurdish group in Turkey find peaceful ways to achieve its goals, but fears running afoul of a law prohibiting even benign assistance to groups said to engage in terrorism. "I am opposed to violence. It seems crazy to me that I could go to jail for trying to persuade people to engage in nonviolence," Fertig said. The case was also reported in the *New York Times*, *USA*

*Today*, *The Washington Post*, and on *NPR*. Fertig was also featured in an extensive Q&A in the *Los Angeles Times*.

- "Cars are moving computers, and the electronics are the very heart of the car," **Ian Mitroff**, professor emeritus (*business*), told the *L.A. Times* in an article about the ongoing Toyota recall problem. The crisis management consultant said that unlike a mechanical problem, like a sticking pedal, the fix [for sudden acceleration causes by electronics] is not easily understood, Mitroff said.

- An *Orange County Register* columnist featured professor emeritus **Seymour Lampert**, who at 90 years old still competes in track and field events. "What do you compete in?" the columnist asked Lampert. "The weight events," Sy replied. "Shot, discus, hammer ... But in my new age group (90-94), there's no hammer competition," he lamented. "Who the hell would throw the hammer? You'd have to be crazy."

- The *New York Times* featured the sculpture work of **Ken Price**, professor emeritus (*fine arts*). "Aside from [Ed] Ruscha, perhaps no Los Angeles artist of his generation has been so prolific," the article stated. "Mr. Price's almost indescribable ceramics are revered by fellow artists for dissolving the chasm

## After the Death of a Loved One

The USC Emeriti Center has a group of widows and widowers who have collected a list of suggestions of what to do after the death of a loved one. If you think that this might be helpful to you, we will be happy to send it to you by mail or email. It is also posted on the Emeriti Center web page: [www.usc.edu/emericenter](http://www.usc.edu/emericenter). Go to the left side and click on Resources.

Please call or email if we can be of assistance: [emeriti@usc.edu](mailto:emeriti@usc.edu), (213) 740-8921.

## IN MEMORIAM

We honor and mourn our university colleagues who have died. Those whose names were recorded at press time, and who were not noted in previous newsletters, are:

James R. Beniger (*communication/sociology*); Gilberto Chacon (*dining services/2008*); John J. Cahoon (*public relations/engineering*); Keith A. Crown Jr. (*fine arts*); George N. Donnell (*medicine*); Frederic Ilfield (*medicine*); Robert "Bob" Maners (*development*); John Milner (*social work*); Mikihiko Oguri (*marine biology/2007*); Thomas R. Prey (*biology*); E. Nicholas Sargent (*radiology*); Melvin Sloan (*cinematic arts*); William G. Spitzer (*engineering, dean/LAS*); Meg Seno Wemple (*architecture*); Teh Fu Yen (*environmental chemistry*); and Tibor K. Zemlenyi (*medicine*).

between art and craft, while his lumpy, blobby, sluglike new sculptures are quintessential examples of biomorphic or formless art. He is considered a crucial link between post-minimalism and postmodernism.”

### Awards for Weaver

**Ruberta Weaver** received a special Town & Gown of USC Service Award at an April T&G luncheon honoring President and Mrs. **Sample** and **Bill** and **Nadine Tilley**. The luncheon took place at the Ritz-Carlton. In February, the Neighborhood Church (UCC) of Palos Verdes Estates presented Weaver with a Medallion “in recognition of a Lifetime of Faith and Service.”



### An Honor for Cauffman

**Joy Garrison Cauffman**, emerita (*family medicine*), was inducted into the College of Education and Human Ecology Hall of Fame at The Ohio State University in November 2009. Cauffman served for 30 years at the Keck School of Medicine of USC. She recently finished a 10-year international study on physician continuing education.

### Errata

After our article on **Lilia Li**’s generous gift to the EC, we got a call from **Carl. Q. Christol**, professor emeritus (*international law and political science*), who reminded us that Li’s husband **George Totten** was in fact a member of the political science faculty, not international relations. We regret the error.

### DID YOU KNOW?

You can subscribe to USC in the News and receive the collection of daily news items yourself by e-mail? Go to [http://www.usc.edu/ext-relations/news\\_service/ITNList/subscription.htm](http://www.usc.edu/ext-relations/news_service/ITNList/subscription.htm) ■



Front Row (L to R): Cynthia McKinney-Howard; Todd Dickey; Ricardo Avelar; Maeve Inouye; and Shirley Adams; Back Row (L to R): Bessie Jean Knox-Stephens; David Arriola; and John Thurgood

(photo: Andrew Taylor)

## Newly Retired Staff Honored at Town & Gown Luncheon

A St. Patrick’s Day theme provided a charming atmosphere as 43 retired USC staff members were honored at the annual Staff Retirement Luncheon & Recognition program on March 18, at USC’s Town & Gown.

**Robert Church**, vice president of the Staff Retirement Association (SRA), provided welcoming remarks and **Todd R. Dickey**, Senior Vice President, Administration, addressed the group. The years of employment for the retirees ranged from 10 years to 44 years, with an average of 25 years of service.

Dickey said the retirees helped to make USC “a remarkable place. You are an integral part of the foundation of this university,” he said, “and we value your continued involvement.”

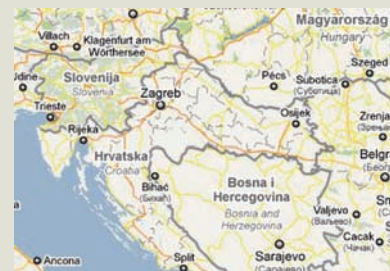
SRA President **John Hisserich** encouraged retirees to become part of the organization, acknowledging that he, himself, “didn’t join right away.” But now he’s at the center of the action, and he noted that there were numerous ways to get involved, such as the Emeriti Center’s Trojan ENCORE program where retirees can return to campus in either paid or unpaid/volunteer positions. Other opportunities include attending plays and music events at USC with other members of the SRA and in the fall there will be a tour of the new hospital.

In addition to honoring the new retirees, **Janette C. Brown**, executive director of the Emeriti Center, presented the 2010 J. Tillman Hall Staff Award for Service to USC to **Janet E. Eddy** (see page 11).

For names of the newly retired staff and more photos, visit [www.usc.edu/sra](http://www.usc.edu/sra).

## A Sashay Through Croatia and Illyria

**What:** SRA General Meeting  
**When:** Tuesday, June 15, 11 a.m.  
**Where:** Gerontology Aud., Rm. 224



Two years ago, I went to Illyria with the Canyon Explorers Club. **Jackie Baird-Buner** went also, and while I did a trip book, Jackie did a travelogue of where we went – cities (Zagreb, Sarajevo, Tirana, Dubrovnik), National Parks (Plitvice, Mijet, Durmitor), Roman ruins (Butrint, Appollonia), wineries, monasteries and the island of Korcula.

Our guide led a fascinating trip back to Croatia, his now independent homeland, plus Albania, Macedonia, Montenegro, and Bosnia and Herzegovina. It’s an adventure I know you’ll enjoy sharing.

Since we’ll have an hour, Jackie will also show her trip of a few years back filming polar bears in the Arctic.

The program begins promptly at 11 a.m. in the Gerontology Auditorium, with lunch in Rm. 224 at 12:15 p.m. To reserve your place and lunch, please call to RSVP, (213) 740-7122 or e-mail [emeriti@usc.edu](mailto:emeriti@usc.edu) by Thursday, June 10.

We’re looking forward to seeing you there. ■

– Lynn Williams, SRA Program Chair

Wellness ... continued from page 1

share similar values.

Another panel presented the physical and emotional areas of wellness. Attendees learned about earthquake preparedness (**Steve Goldfarb**), the importance of home-safety procedures (**Jon Pynoos**), and the importance of providing emotional support after a disaster (**John Gaspari**).

At the lunch break, the audience experienced the emotional part of wellness through music and laughter as master pianist **Bob Lipson** and entertainer **Saul Jacobs** regaled the group with songs and trivia from the Golden Age of Broadway.

The final panel shared components of physical wellness, such as the recreational activities available on the USC campus, and the Lifestyle Redesign Programs which focus on habits and routines to help people to implement meaningful lifestyles and routine changes into their own.

The final presenter was **Brad Williams**, a professor of clinical pharmacy and clinical gerontology, who stressed the importance of exercise and a healthy diet. He noted USC School of Pharmacy programs such as Medicare Part D help for seniors, personal medication reviews to ensure that medications are compatible, and health screenings.

The Wellness panels were recorded and are available for viewing on the EC website, [www.usc.edu/emericenter](http://www.usc.edu/emericenter) – click on the link Video Recordings. ■



EC student staff Austyn Castro and Remy Crespo greeted more than 80 USC colleagues at the March Wellness Forum.



Above, from left: Michael B. Lehrer, FAIA, LEHRER ARCHITECTS, Bob Scales, Dean Emeritus, USC School of Theatre; Victor Fressie, USC architecture student; and Victor Regnier, FAIA, ACSA Distinguished Professor, Professor of Architecture and Gerontology.

## Creative Senior Housing Designs Promote Intergenerational Learning

This semester, 13 USC graduate architecture students explored the idea of an Emeriti Center for Creative Retirement which includes 30 Scholar Apartments/Emeriti Co-housing Units. USC instructors **Victor Regnier**, and **Michael Lehrer** taught the Graduate Design Studio using a design brief that expands the capabilities of the current Emeriti Center. It embraces lifelong learning programs and intergenerational housing on campus, which is a trend that is developing throughout the United States.

“Emeriti centers established to link retired faculty and staff with university resources are gaining strength and combining their interests with alumni associations interested in creating opportunities for lifetime learning,” said Regnier, professor of architecture and gerontology. “This program taps into this movement through the creation of a center with a strong intergenerational presence that is located near a busy gateway entrance on the north edge of campus.”

Sixteen lectures and reviews from design, aging and campus development professionals provided helpful suggestions throughout the semester. USC colleagues participating with the class included: **Janette Brown**, Executive Director, Emeriti Center; **Jerry Davison**, Dean of the Davis School of Gerontology; **Robert Harris**, FAIA, Professor Emeritus, Director, Master of Landscape Architecture Programs; **Jon Pynoos**, UPS Foundation Professor of Gerontology, Policy and Planning, Director of the National Resource Center on Supportive Housing and Home Modification, and Co-Director of the Fall Prevention Center of Excellence; **Robert Scales**, Theatre Consultant, retired Dean of USC School of Theatre, Professor Emeritus, and Associate Director of the USC Emeriti Center; and **Jerry Walker**, Emeriti Center College Director, retired Associate Provost. ■



## We Thank Our Benefactors

Through the Emeriti Center's Benefactor Recognition Program, we thank those who are benefactors of the Center and who have recognized honored colleagues, friends, and family with a \$500 or more contribution.

### Donor

Janet Ewart Eddy

### Honoree

Park James Ewart

## EC Colleagues' Strategic Thinking Guides the Center



EC leaders, staff, and USC colleagues met in February to discuss the Emeriti Center's Strategic Framework which included distinctive capabilities, measurements, and strategies. February marked the fifth and final meeting summarizing the work accomplished by many USC colleagues and led by Mike Diamond and Mark Robison. Pictured above, first row, L to R: Judy Diaz, Maricela Hinojosa, Mike Diamond, Janette Brown, Natalie Cohen, Carole Gustin, Bob Coffey, and Mitzi Tsujimoto; second row, L to R: Mark Robison, Jerry Walker, Mike Halloran, Bob Stallings, Bob Scales, John Hisserich, Gloria M. Reyes, Art Donovan, and Jerome Hughes.

## Bob Knight's Wisdom Class Recruits Retiree Volunteers

USC is a leader in aging research, and the USC Davis School of Gerontology often needs volunteers to participate in research projects. Much of the current research focuses on how aging affects thinking and emotion and what can be done to maintain healthy minds as we age.

An example of this is an on-going study by **Bob Knight**, professor of gerontology and psychology, which recruited subjects age 60+ for an 8-session class to help develop a course in wisdom development in older adults. Among those who signed up were **John Ahouse, Louise Ball, Betty Bernard, Beverly Franco, Phyllis Rideout, Bob Scales, Richard and Carolyn Spicer, Elaine Steward, Tom Tomlinson** and **Laura Walker**. If you are interested in participating in a USC research study, please contact **Lin Nga** at the Davis School of Gerontology at (213) 740-9543 or sign up at [www.usc.edu/gero/participate/](http://www.usc.edu/gero/participate/) ■

## USC's Professional Clothing Drive Was a Huge Success

Emeriti Center retirees helped to make the first USC Professional Clothing Drive – which benefitted residents in surrounding neighborhoods and South Los Angeles – a big success by donating clothing at their Annual Holiday Breakfast last December.

The Center, with support from Executive Director **Janette Brown** and Retiree Relations Assistant Director **Gloria M. Reyes**, contacted EC colleagues for contributions after hearing about the drive from **Diana Seyb**, Trojan ENCORE advisor and personnel specialist for USC Employee Recruitment Services.

Employee Recruitment Services, partnering with USC Civic and Community Relations and the Southeast L.A. Crenshaw WorkSource Center of California, collected clothing, shoes and accessories.

“We hope to participate next year, too,” said Brown, “to benefit this worthy cause. EC colleagues have professional clothing items to share that are perfect for helping community members make good impressions when they enter the workforce.” ■

## Goodbye to USC's Dialup

On June 30, USC ITS will decommission the dialup modem equipment that provides dialup service to the USC Network.

As of July 1, users who wish to have continued dialup access will need to arrange for service through a commercial Internet Service Provider (ISP).

NetZero ([www.netzero.net/](http://www.netzero.net/)) and EarthLink ([www.earthlink.net/](http://www.earthlink.net/)) are two of the ISPs that offer low-cost dialup service.



Bob Scales

## Older Adults and Retirees Are Untapped Neighborhood Treasures

I was invited to the Living University Retreat sponsored by the Provost and the Academic Senate in February 2010. There were 100 or so representing the faculty, administrators, students and residents from the USC neighborhood who attended to discuss how the University and its neighborhood can be engaged in teaching and learning beyond the classroom. There is excitement about the possibilities of the opening of the new campus center and expanding the programs now available in the residential colleges. But my thoughts were tweaked by another possibility of engagement.

The USC retirees and the older adult population in the neighborhood have the potential to be a major component in successfully implementing the goals of USC's Living University initiative. They are a wellspring of information and experience and offer the added benefit of global, interdisciplinary and intergenerational perspectives.

Older adults can be key compo-

nents, both within the USC campus and, most dramatically, in the greater neighborhoods surrounding the university. Whether they are retired faculty and staff, alumni or local neighborhood residents, they share a common interest in wanting a healthy, vibrant and safe environment in which to live and work. And they have time, talent and insight in abundance.

USC is one of the finest schools in the nation but the public schools in the surrounding area do not share this good reputation. An uneducated and unemployed population is not only socially wrong, it is dangerous. The long-term prospects for the university – indeed, for the entire city – are at stake. Unfortunately, just when the needs are highest, the economy is forcing cutbacks in essential programs.

A coordinated effort, endorsed by USC but spearheaded by older adults, involving schools, parks, after school centers, churches, etc. could provide

thousands of young people with life changing opportunities to 'learn from the best.' USC already has an Emeriti Center that would be energized by having not only a substantial, but a vital function in the community. And, of course, the ensuing recognition of this effort to USC would be enormous.

Budget constraints are also affecting the university. The retiree population can be effectively tapped to support faculty and staff in many areas, such as planning, coordination, supervising, and greeting parents and new students. The presence of active and engaging retirees on campus would be enriching for students as well.

In summation, the USC retiree and older adult population is an untapped treasure trove of undervalued and underused experience. It would be a huge credit to USC to formally acknowledge and employ such experience. ■

- **Bob Scales**, [rscales@usc.edu](mailto:rscales@usc.edu)

## Congratulations Are In Order

Congratulations to the two faculty retirees who were awarded 2010 Faculty Lifetime Achievement Awards at the April 27 Academic Honors Convocation ceremony.

Receiving this distinguished honor were:

**Gerald Nadler**, Professor Emeritus, Industrial and Systems Engineering, USC Viterbi School of Engineering; and **Allen W. Mathies**, Dean Emeritus, Professor of Pediatrics, Keck School of Medicine of USC. ■

## And a Salute to our Students

Congratulations to our EC student staff members who graduate this year. They are **Remy Crespo** (Human Development and Aging), **Gina Mucovich** (American Studies and Psychology), and **Vanessa Portillo** (Communication/Annenberg). All will walk in May; Crespo and Portillo graduate in December. ■

## We Welcome Our Newest Trojan ENCORE Volunteer

A search on the USC Website for connections with other USC retirees led Kathee Lee to the Emeriti Center/Staff Retirement Association and the Trojan ENCORE program.

Lee left USC in 2004 after 11 years of service, and retired officially from other positions in 2007.

"I am thrilled to be a Trojan ENCORE volunteer," said Lee.

"I'll assist wherever there's a need," she said, which often includes answering the EC's phone line, general office duties, assisting at events, and helping with Trojan ENCORE and AROHE.

Lee usually volunteers on Wednesdays, for either half or full days. And she's a perfect model for the old saying, "if you want something done, ask a busy person." She's a board member of the GLAS/JACL (Japanese American Citizens League Singles), she's a singer/actress/dancer (ballroom or hula, anyone?) and she makes blankets, travels, and writes poems and memoirs as well. ■



Kathee Lee volunteers at the EC.

## 2010 J. Tillman Hall Staff Award Is Presented to Janet E. Eddy

The J. Tillman Hall Staff Award for Service to USC was presented to **Janet E. Eddy** at the 25th annual Staff Retirement Luncheon on March 18 at Town & Gown.

**Janette Brown**, executive director of the Emeriti Center, presented the award to Eddy. "It was a stiff competition," said Brown, "but Janet has dedicated herself to so many areas at USC."

Eddy's work history at USC spans 25 years, with the last 10 years spent as the Director of Disability Services and Programs. In this role, she worked to improve the academic experience for students with disabilities.

"I'm particularly happy to receive this award named for Tilly," said Eddy. "When Tilly came to campus, I was a USC senior. It's fantastic to have something that has his name on it."

Eddy received a plaque and a monetary award of \$500. She generously donated the \$500 back to the Emeriti Center (see page 9).

When she retired in 2001, she continued as a volunteer. She is an active member of the Half Century Trojans (she was installed as President



Janet E. Eddy

in the spring), the Trojan Guild, Town & Gown's Scholarship Committee, the Trojan League, the Norris Cancer Hospital Auxiliary, the Staff Retirement Association, and the Class of 1953's 50th Reunion Committee.

Eddy enjoys a wealth of institutional, historical and cultural knowledge of the university, which is vital to the mission of the Half Century Trojans which preserves USC's history and traditions and promotes philanthropy.

Eddy's leadership and support for USC distinguishes her as an exemplary alumna, retiree, and volunteer. ■

## EC Wellness Series: Financial and Legal Forum Was a Success

Nearly 70 retirees and pre-retirees attended February's Financial/Legal Forum co-sponsored by the USC Emeriti Center and USC Credit Union. Among the topics discussed were financial and legal planning, management of deferred compensation, estate planning, strategies on taxes and other financial items and Veteran Administration disability benefits. Panels included representatives from USC's Office of Benefits Administration, USC Credit Union, USC School of Accounting, and H.E.L.P. a non-profit information resource, as well as lawyers and financial planners.

Since people are living longer, assets need to keep up with increased living expenses, said panelists. This might mean saving more now and retiring later, since a minimum of 70% of pre-retirement expenses will be needed in retirement. Other tips: consolidate retirement accounts for easier tracking of assets, have a Power of Attorney for health care to reflect your wishes for your care if needed, and a Durable Power of Attorney designating individual(s) responsible for financial matters in the case of incapacity. Also, placing title to your home and certain other assets in a living trust may avoid probate.

The afternoon panel was devoted to estate planning and current taxation issues as well as tax-exempt accounts for education. ■



## 10 Reasons to Join the Trojan Family's Financial Institution

The Emeriti Center thanks the USC Credit Union for sponsoring our recent Wellness Financial/Legal forum.

**Tere Denison**, VP Marketing for the CU, provides 10 reasons to join the Trojan Family's own financial institution: 1) You'll be an owner; 2) We invest in Trojan Dreams; 3) Trojan Family Ties; 4) Trojan Confidence; 5) Trojan Value; 6) We're right on campus; 7) We're everywhere; 8) Trojan services that simplify your life; 9) We're for service, not for profit; and 10) It's easy to join.

Visit [www.USCCreditunion.org](http://www.USCCreditunion.org) to join today, or call (877) 670-5860.

## THE EC'S BOOK NOOK

### "In Cheap We Trust: The Story of a Misunderstood American Virtue"

by Lauren Weber (2009)

Thrift – or cheapness, or frugality – whatever you want to call it, is alive and well in America according to this author, and it reblooms periodically in times of national crisis. Decades ago handy hints for thrift passed from father to son, mother to daughter, neighbor to neighbor. Nowadays the Internet is rife with strategies for saving (such as [www.Fallenfruit.org](http://www.Fallenfruit.org)). Weber doesn't suggest everyone should be a purist and "live in ascetic isolation from worldly pleasures," but does suggest moderation. After all, does anyone really need 400 cable channels or 100 pairs of shoes?

– Christine Shade

## USC Emeriti Center Emeriti Center College

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### USC EMERITI CENTER EVENTS

- MAY:** **Friday, May 14**  
USC's 127th Annual Commencement
- JUNE:** **Tuesday, June 15**  
SRA General Meeting, 11 a.m. GER Aud., Rm. 224  
(Note: the SRA will be voting to increase dues.)
- Tuesday, June 22**  
Earthquake Preparedness: What Every Person ... Needs to Know  
11 a.m. - Noon, Andrus Gerontology Center, Rm. 224
- Thursday, June 24**  
Guided Tour of the Ronald Tutor Campus Center & Lunch  
10:30 a.m., RSVP (see page 2 more information)
- JULY:** **Monday, July 5**  
University Holiday, Independence Day
- AUGUST:** **Monday, August 23**  
Fall classes begin

### USC Emeriti Center

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#### REMINDERS:

The April 21 Orange County Social brought EC colleagues and friends together for a lovely afternoon at the USC Orange County Center.

Be on the lookout for a notice about our next Regional Social and plan to join us!

# USC EMERITI CENTER