

Retiree Community Newsletter

February 2018

Emeriti Center partnerships offer wellness resources for campus & community



Professor of Psychology and Gerontology, Margaret Gatz, presents "Maintaining Your Memory" at the 2nd Interprofessional Healthcare Symposium Resources for a Healthier Longer Life.

"By cultivating interdisciplinary partnerships and offering diverse wellness events to people of all ages," said Assistant Vice Provost **Janette Brown** "the Emeriti Center plays a unique role on campus and in the community." All events are open to the public and, she added, "typically USC students as well as current faculty, staff, and the local community attend."

On January 5, the Emeriti Center collaborated with the Vice Chair of Academic Affairs, **Bonnie Olsen**, and Keck School's USC Department of Family Medicine to present the 2nd Annual Interprofessional Health Care Symposium: Resources for a Healthier Longer Life. The keynote Speaker: **Freddi Segal-Gidan**, Associate Professor of Clinical Neurology & Family Medicine, presented "[Making the most of Your Medical Appointment](#)." Clinicians from the Ostrow School of Dentistry, USC Division of Biomechanics and Physical Therapy, Occupational Therapy, and the Center for Health Care Rights presented as well.

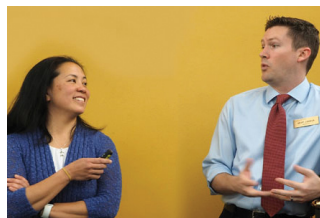
Topics including [maintaining your memory](#), sleep, financial protection, and becoming one's own advocate while navigating the healthcare system.

Power point slides are posted on the Emeriti Center website under [Resources](#) and [Wellness & Healthy Aging](#) for those who were unable to attend. ■

EC partners with USC physical therapy & pharmacy

Physical therapy faculty and USC doctoral students will demonstrate and educate on how to stay healthy throughout the lifespan on Tuesday, March 13 from 9 a.m. to 1 p.m. Topics this year include: "What You Can Do to Help a Loved One at Home with Impaired Mobility", "Self-massage and Caregiver Massage Techniques", "Tai Chi", and "Pelvic Floor Health and Sexual Function." To register: bit.ly/PT3-13-18 or call 213-740-7122.

A Medicare D Workshop and individual consultations with USC Pharmacy graduate students led by Professor **Brad Williams** took place in 2017. Students consulted with retirees and of those consultations, 34 retirees saved money on their Medicare D healthcare plans amounting to a grand total of \$47,835 saved. This annual consultation program is a great example of the way the Emeriti Center brings together USC students and retirees to benefit one another and provide a rich intergenerational experience. ■



PT Faculty Kimiko Yamada and Geoffrey Cariker

Annual Staff Retirement Recognition Luncheon

Mark your calendars for Friday, March 16, 2018 at Town & Gown for the 33rd Annual Staff Retirement Recognition Luncheon.

This special event, honoring USC staff who retired in 2017, is sponsored by the Office of the Senior Vice President, Administration, and hosted by the Staff Retirement Association and the USC Emeriti Center.

All current SRA members will receive a mailed invitation. There will be a social gathering at 11:30 a.m. during the check-in time with lunch following at 12 Noon.

A special program will begin at 12:45 p.m. SRA members only RSVP must be received by March 9, 2018. Register online: bit.ly/RetirementLunch2018 or call (213) 740-7122. ■

Trojans Helping Trojans

Wednesday, March 7, 2018

Trojans Helping Trojans, THT, meeting, 12: 30 p.m. (see pg. 3)

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The Emeriti Center will turn 40 years old!

The USC Emeriti Center will be celebrating its 40th anniversary at the end of this year. We've evolved from a service and learning organization, supporting faculty and staff (retired and not) to an even more vibrant body that connects campus and community through intergenerational, interdisciplinary and multicultural partnerships. It is exciting to observe our students learning from other generations as they play the role of both student and teacher. Experiential learning abounds in almost every event we host.

What we do offers all of us the opportunity to learn from generations of experience, inspired by the richness and diversity of cultures and different academic focuses. We are truly an inclusive community that embraces each other with support whenever we can. This is why "Trojans Helping Trojans" (THT) evolved from our Trojan Encore program. THT is a group of volunteers who are willing to help whenever needed (see page 3). Our student assistants also truly care about helping others. We are a powerful, valuable and interesting group because of our diversity and inclusiveness.

If you kept abreast of our events, you will recognize our focus on wellness. We partner with many USC schools to offer informative events open to all. We mentor Caldwell scholars and support our Mindful Aging student group. We have small grants for students, faculty and staff for interdisciplinary, intergenerational and multicultural programming. And we bring together people and programs who might not otherwise engage, if not for the Emeriti Center.

Over the years, our retirees have said repeatedly: "I wish I had saved more money over the years for my retirement" or "I'm glad that I saved my money! It's made my retirement safe and comfortable." Our newest Emeriti Center initiative gives a special educational gift to our USC students, especially those who will be graduating. The gift is a financial literacy workshop that will provide students with the tools to understand about saving early and making wise financial decisions. Financial literacy is crucial to their future well-being especially before they launch their careers. The workshop will be conducted by experienced retirees and alumni with special resource materials from The Financial Awareness Foundation, a non-profit organization introduced to me by one of my former USC students.

Since 1995, USC has been a source of so many positive connections and opportunities for me. Over the past 12 years at the Emeriti Center, I have heard many express their gratitude for USC. Many are thankful for a USC education received for themselves and/or for their children or grandchildren – myself as well. Many precious friendships have developed, and frequently we are enlightened by new perspectives; we enjoy special educational and cultural opportunities and much more. USC is rich with cultural and intellectual expression and we are privileged to be here. ■



Janette C. Brown

- Janette C. Brown

Assistant Vice Provost, Emeriti Center
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USC Living History Project continues and will include short stories

We are continuing to add video short stories to our wonderful collection of longer USC Living History Project recordings. (To view our list of USC living history project recordings go to: bit.ly/LivingHistoryUSC). Spearheading the short stories project is our student from the Annenberg School of communications, **Taylor Witzak**.

The purpose of "living history short stories" is to record interesting and unique stories from our USC retired faculty and staff about their lives after retiring from full-time work at USC. If you would like to participate in the project, please contact the Emeriti Center at (213) 740-8921. ■

Dr. Verna & Peter Dauterive Hall:
A unique building, gifted from
lifelong trojans with storybook
love who dreamed of a bold future.



Friday, April 13th, 2018, 11:30 a.m. to 1 p.m. Hear a historical introduction about the regal couple whose dreams morphed into living history at USC. Then, tour USC's first interdisciplinary social sciences building focused on developing solutions to pressing social challenges.

Introduction at 11:30 a.m. with tour and light lunch to follow. RSVP online here: bit.ly/Dauterive or call (213) 740-7122. ■

Trojans Helping Trojans, Trojan Encore, SRA, and Emeriti Center bid farewell to Carole Gustin

It is rare when one person has a hand in so many projects and programs for the USC retirees. **Carole Gustin** who sadly passed away in December, 2017 was one of those... a dedicated Trojan whose volunteer spirit was the glue for so many of our programs and initiatives. Carole contributed greatly to the USC Emeriti Center Executive Board and was a leader in the SRA beginning in 2003. She served as SRA president for four years, volunteered to help start [Trojan Encore](#) in 2011 and Trojans Helping Trojans (THT) in 2013. She served as the coordinator for Trojan Encore until 2015 and was honored with the special Emeriti Center volunteer service award ([J. Tillman Hall Award](#)) in 2011. Trojan Encore is a program that allows USC retirees to connect with university units that need part-time and/or short term help. THT is a group of volunteers who are on call to assist the Emeriti Center with important



Carole Gustin

projects and initiatives.

In Carole's honor, we will host a **Celebration of Life** and casual lunch to celebrate her legacy. All are invited to attend on Wednesday, March 7 from 11 a.m. to 12:30 p.m. in URC 108.

RSVP here: bit.ly/Gustin.

To read about Carole, go to our "[Life After Retirement](#)" section on the Emeriti Center website.

Our first 2018 Trojans Helping Trojans meeting will take place March 7 after the lunch from 12:30 to 1:30 p.m. All are welcome to stop by and learn more about THT. ■



First initial meeting of Trojans Helping Trojans 2013: Harriet Servis, Janette Brown, Carole Gustin, Leslie Ann Pittman, Donna Simmons.

Symposium offered a wealth of helpful information

On Monday, Jan. 5, my husband **Joel** and I arrived at Hastings Auditorium on the USC Health Sciences Campus for the Emeriti Center's second annual Inter-Professional Health Care Symposium, "Resources for a Healthier Longer Life." We were warmly greeted by USC retirees and employees, friends, exhibitors and support staff. As always at Emeriti Center events, we felt right at home.

The program opened with a greeting from **Janette Brown**, assistant vice provost, who set the stage for what was to come. Our keynote speaker, **Freddi Segal-Gidan**, associate professor of clinical neurology and family medicine, helped us understand how to get the most from a doctor's visit. I understand better how to speak to our physicians, so that we get all the information we really need.



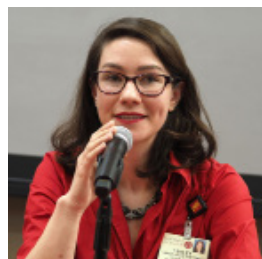
Janette Brown

We moved on to a panel discussion concerning the "USC Geriatric Assessment Program: Filling the GAP in Healthcare" which is a program grant supporting a multi-disciplinary geriatric assessment program for people 65 years and over who have multiple medical issues and memory loss. While Joel and I are still truly independent, we felt comforted by the speakers from Family Medicine, Occupational Therapy, Physical Therapy and Dentistry, knowing we can call the program for help.

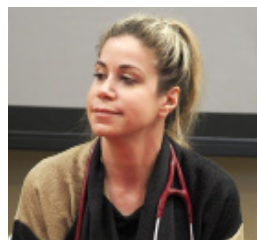
After the first panel discussion, box lunches were provided for all. We were fortunate to have a lovely January afternoon that let us eat and visit on the HSC quad. We also had ample time to visit with the exhibitors, many of whom were from community groups that provide support for the aging and their families. Areas of concern included elder abuse, assistance for care givers, avoiding telephone and Internet scams, help with Medicare issues and much more. We were presented with an Emeriti Center bag filled with helpful information.

The after-lunch program, "Management of Common Older Adult Challenges" included speakers from USC and the Center for Health Care Rights. Topics included maintaining memory, protecting assets, sleep hygiene and maximizing medical insurance benefits. (All photos by **Calvin Lau**.) ■

- Linda Forman



Panelist Ashley Halle



Panelist Carolyn Kaloostian

Me too? It's time?

(With apologies to Engineer Bill)

"Oh, Let's put another candle in my Lifespan Cake
Was the past year Real or was it Fake?

I'm gonna have a party with my Lifespan Cake
I've celebrated another year just now."

How can we keep engaged in our post-career daily living? This can be a challenge for anyone, such as those used to weekday routines of work and weekends of other activities that might be quite different from one's salaried proclivities.

Our USC retirement community is very diverse, and that is one of its fundamental strengths. Retirement can be an opportunity to gain new insights about the world around us. Minds are free to explore and be excited by the newness that different circumstances of place, people and programs can present.

My background was STEM oriented (Science, Technology, Engineering, and Math). I received my dental degree from USC and became a dentist. It was easy to sequester myself in the dental silo with teaching and private practice. It was rewarding to serve my patients, be engaged in professional organizations, attend various meetings, and rub shoulders with giants in my industry. For various reasons that mostly came to an abrupt end over five years ago. Everyone has her/his story, but we've all landed in a similar landscape.

What do I do now? Maybe I've planned retirement and have taken care of my health and wealth in good ways. Maybe I haven't. In any case life after retirement can extend for decades beyond our formal separation from the USC payroll. How can I spend my remaining

time doing useful and satisfying activities that yield positive benefits within our sphere of influence. That often includes friends, family, acquaintances, colleagues, and even strangers.

Is it possible to channel my energies, knowledge and skills into win-win outcomes? Rather than thinking of life as a fixed pie with limited pieces (zero sum for you academics), could life after work be an expanding world of unexplored benefits that engages one's strengths and challenges innate curiosity, innovation and creativity that results in productivity and wealth?

Rather than approaching retirement with eyes shut tight, is there another way? Oftentimes people restrict themselves to logical (head) or emotional (heart) processes, which often provide suitable answers for life's vexing situations. We live in a three-dimensional world – though there are apparently more dimensions that science is discovering. Besides using our heads and hearts alone, a third aspect could be our instincts, that gut feeling that gnaws at us sometimes after we have taken action.

Is there a message? Yes. Be open for selectively choosing a different path than customary. Be diligent and try something new. Be safe and enjoy the journey.

Happy Lifespan to You.

You're another year along right now. ■



Calvin Lau

- Calvin S. Lau, RFA President
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The RFA presents "Tax Policy in the Age of Trump"



Professor
Edward J. McCaffery

The Retired Faculty Association's Distinguished Lecture Series (formerly called the Sherry Hour) took place on Friday, Feb. 9 from Noon to 1:30 p.m. USC students, current staff and retirees attended this interactive and intergenerational event.

Prof. **Edward J. McCaffery**, Robert C. Packard Trustee Chair in Law, Professor of Law, Economics and Political Science talked about recent trends in tax policy, including the Tax Cut and Jobs Act passed at the end of 2017. He also discussed and showed videos from a non-profit project that he began with USC students, The People's Tax Page. ■



Credit: Calvin Lau

Audience at the distinguished lecture.



Michael Klineman

Retirement is like a second childhood

Shakespeare once said “twice a child, once a man.” And there are many that do think about retirement as a second childhood. This can be thought of as both a positive and negative. Some adults as they age and near the end of their life may need more care and supervision much like young children, and dementia and senility may be a part of this.

On the other hand, when we retire, we are free to pursue and discover our passions, even those that may have begun in our childhood. In fact, we have time to play, try new things, exhibit spontaneity, and creativity. We can explore new adventures, and experiences. And to have fun when we feel like it! This childhood is also without parental supervision!

One way that some of you currently enjoy your retirement is to take part in events sponsored by the SRA and the Emeriti Center. There are a variety of choices that happen regularly. For example, last month, the annual holiday breakfast at Town & Gown (sponsored by the SRA, RFA, and Emeriti Center) was held. Nearly 200 people attended and enjoyed the catered meal. In addition, there was entertainment presented by current and former

students from the USC School of Dramatic Arts who are in professor **Parmer Fuller**’s ETC Theater Company.

We will have the annual Retiree luncheon in Town & Gown on March 16th honoring those who retired in 2017. Usually this lunch is very popular and there were 160 in attendance last year. It is also nice that this event, sponsored by Vice-President Dickey, is free to all SRA members. Further, there are two other events in June and September (in addition to the two mentioned above) where meals are served free of charge making our membership a great bargain!

Another fun event coming up on March 31 is a play (West Side Story) put on by students in the USC School of Dramatic Arts. The SRA gets a block of tickets at a reduced rate (\$12), and in the past, members and their guests have greatly enjoyed the fine productions put on by our USC students.

I want to wish everyone a happy, healthy new year. Please feel free to give me comments or feedback on any programs you have attended, or anything else for that matter including this article or others in this newsletter. ■

- **Michael Klineman**, SRA President
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J. Tillman Hall Staff Award for Service to USC

This award will be presented at the Annual Staff Retirement Recognition Luncheon in Town & Gown on Friday, March 16, 2018. The Award comes with a special plaque and a \$500 stipend.

Please consider nominating a special retired USC staff member for this prestigious award. “Nominees must have made outstanding **voluntary** contributions toward enhancing the overall quality of university life for students, faculty, staff, alumni, retirees, or other members of the USC community and have contributed to the positive collegial spirit of the Trojan Family.”

Nominations for the 2018 award are due Friday, Feb. 23. You may submit nominations online: bit.ly/staffaward2018. For questions, please contact **Janette Brown** (213) 740-7121 or jcbrown@usc.edu. ■

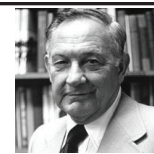
The J. Tillman Hall Award Story:

In 1983, USC dedicated the 100th Commencement program to Distinguished Emeritus Professor, **J. Tillman Hall**. “The outpouring of love and respect for Hall was remarkable,” said Bob Biller, then Emeritus Professor of policy, planning, and development. He noted an observation that was attributed to Hall: “It’s probably

up to you whether life grinds you down or polishes you up!”

Hall was called “Tilly” by his friends and colleagues, who said his real vision came from the recognition that retirees best serve themselves by serving others. He lived this motto himself, and in 2004 Hall received the Leibovitz Award for Distinguished Volunteer Service to Seniors. Hall “kept a list of 25 principles to live by that he called his “personal guideposts.” One, “Success in life depends on what you do for others, not what you do for yourself,” was reflective of his own life.

Hall returned to USC as Director of the Emeriti Center from 1989 to 1996, formed the Retired Faculty/Staff Benefits Committee, began the project of videotaping interviews with influential retirees and established the USC Emeriti College with its offering of lectures to the Los Angeles community. “Tilly” became an expert on successful aging, and at age 90 and beyond he was out offering 14 different lectures on Aging. When the Leibovitz funding expired, that award evolved into the USC Emeriti Center’s special volunteer service award, The J. Tillman Hall Staff Award for Service to USC. ■



J. Tillman Hall

SENIOR CYBER TIPS

Cell phone battery usage tips

Are you annoyed that your smart phone battery seems to use more power than you think it should? If so, you don't necessarily need to immediately buy a newer model. Whether you have an iOS or an Android phone (or one with another "mobile operating system"), there are some simple things that you can do to reduce daily battery drain.

For instance, check the percentage of battery power used by each of your apps (i.e., applications) by tapping "Settings" and looking for options like "Battery" or "Power Usage."

Turn off "Background Refresh" or delete apps that you don't use often.

Adjust your screen's brightness, perhaps by setting brightness to "Auto."

Turn off automatic notifications.

Install newer versions of your operating system when available; the "Bug Fixes" they contain may lower battery usage.

For specific recommendations regarding your cell phone and its operating system, search online or consult your cell phone retailer. ■

– **Bob Stallings**
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In the News

USC professor delivers keynote in Tokyo, Japan

Professor Emerita **Carmen Silva-Corvalán** was invited to present the keynote address at the Japanese Association of Hispanists Annual Conference in Tokyo, Japan. She also lectured about the Spanish Language in the United States at Kanagawa University and Kyoto University of Foreign Studies.

Professor Silva also published the second edition of her book, "Sociolingüística y Pragmática del Español" (Georgetown University Press, 2017) in collaboration with USC alumni Professor **Andrés Enrique-Arias** of University of Balearic Islands, Spain. ■



Scales honors playwright's mother

Bob Scales, former dean of the School of Dramatic Arts, received the 2016 Douglas C. Basil Award. He is using the award to honor Dr. **Endesha Ida Mae Holland**, a former USC professor who taught under Dean Scales. Dr. Holland wrote "From the Mississippi Delta" and other unpublished plays.

Due to her civil rights participation, Dr. Holland's mother was killed by a retaliatory firebomb in 1965. In 2006, Dr. Holland was buried next to her mother's grave in Greenwood, Mississippi. Now, thanks to the Basil award, Dr. Holland will have a headstone over her resting place.

The stone was ordered in February 2018 during Black History Month, and will say:

In Loving Memory of
Dr. Endesha Ida Mae Holland, PhD
"From the Mississippi Delta"
Educator/Playwright/Civil Rights Activist
1944-2006 ■



In Memoriam

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

Thomas Berne (medicine); **Dorothy Bryant** (health affairs); **Carole Gustin** (exec. asst. to dean, architecture); **John Choma** (spouse of Lorraine Choma); **Joan Ewing** (business; Emeriti Center); **Cornelia Hatten** (pharmacy); **Celestine Holguin** (engineering); **Parker Jenkins** (university relations/USC TRIO); **Ronald Katz** (medicine); **Barbara Korsch** (medicine); **Eric Muntz** (astronautical engineering); **Howard Saperston** (exec. registrar, financial services, Academic Records & Registrar); **Joan Metcalf Schaefer** (dean of women); **Andrei Simic** (anthropology) ■

Douglas C. Basil Awards helps fund projects by retired faculty

The Emeriti Center is grateful to Professor **Douglas C. Basil** for another \$10,000 donation to support two faculty retirees. Similar to encore.org's [AARP Purpose Prize](#), the two \$5,000 prizes are intended to fund special projects that faculty retirees are currently working on or hope to complete in the future.

"I have great admiration for my fellow emeriti, and wish to provide some assistance to sponsor their research and contributions. My philosophy is that it was a university education that allowed me to be a professor and that I must give back to university education. I wish to thank USC faculty, students, and administration for a wonderful life and the opportunity to contribute to my students and to USC." – **Douglas C. Basil**

To apply for the award and learn more, go to: bit.ly/BasilAward2018. Submission criteria: fill out the application form; upload your CV, resume, or biography; provide a short essay indicating the purpose, description, value and outcomes of the project and how the funds will be used. NOTE: It is best to type everything in a word document before putting it in the online form.

Deadline to Submit Applications: March 30, 2018.

Previous winners include: **John B. Orr** and **Hervey D. Segall** (2014) and **Gregory Davis** and **Robert Scales** (2016). ■



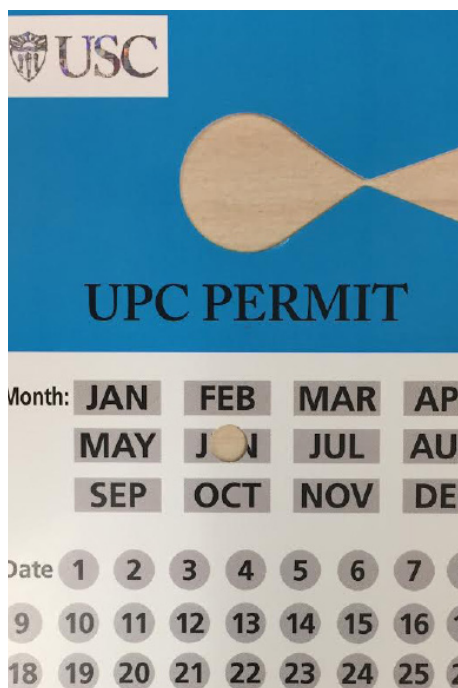
Douglas C. Basil

Special parking pass available

The Emeriti Center now owns a special parking pass that we keep in the office for a volunteer or committee member who needs to come by the Center for a meeting and may have difficulty finding a parking spot nearby. On a trial basis, we are paying for the spot per semester.

This pass will allow visitors to park directly behind our building (URC) in parking lot M. The parking pass is on a first-come, first-serve reservation basis and top priority will be for retirees who need handicapped accessible parking.

To reserve your time and date, please call the Emeriti Center at 213-740-8921 or email Emeriti at USC-UPC DPS. ■



SUCCESSFUL AGING

Boosting your energy

How often do we hear: "I just don't have the energy I used to." A Harvard Medical School Special Health Report on "A 7-Step Plan to Jump-Start your Natural Energy" is relevant to our everyday lives and is ageless. Consider the following:

1. Set goals. That means focusing on priorities and committing your energy to what matters most.

2. Control stress. Use relaxation techniques such as yoga, tai chi, massage and walking.

3. Lighten your load. If you have all you can handle, don't take on more commitments. Ask for assistance at work or for the fundraiser you are chairing and try to increase efficiency.

4. Exercise regularly. We know that exercise improves sleep, increases the body's fuel making capacity by producing more energy-producing mitochondria muscle cells and creates more capillaries that bring oxygen to the cells.

5. Get a better night's sleep. The Harvard report indicates that "exercise is the only proven way to increase the amount of time you spend in deep sleep, the type of sleep that restores energy."

6. Eat for energy. Eating a balanced healthy diet of a variety of vegetables, fruits, whole grains and healthy oils is fuel for our bodies. Fatigue is one of the first signs you are not drinking enough water.

7. Use nature's energy. Being outdoors just makes us feel better in reducing stress and occupying our minds with a magnificent ocean, rolling hills or floral gardens.

For 2018, consider some of these natural energy boosters for a great year. ■



- **Helen Dennis**

Specialist in aging, employment & the new retirement

helendenn@aol.com

BOOK NOOK

Astrophysics for People in a Hurry (2017)

By: Neil deGrasse Tyson

The universe is a very expansive place, stretching way beyond where my imagination can take me. So I'm depending on this popular science author, through his essays from Natural History magazine, to teach me a thing or two and keep me grounded though his use of wit and his explanation of complicated scientific concepts in a simple way so I could understand them – not an easy task. Each chapter covers a single topic, such as the origin of the universe, dark matter, or interplanetary space, and worked well for non-scientific me! ■

- Christine Sinrud Shade

Banner's Fulbright takes her to Sweden

From January to June of 2017, I was the Fulbright Professor of American Studies at the University of Uppsala, Sweden - 40 minutes from Stockholm. I was working on my study of Greta Garbo, titled "Ideal Beauty: The Life and Times of Greta Garbo." I found the experience wonderful. I taught students from all over Europe, gave public lectures, and did research at the Swedish Film Institute as well as the Royal Library in Stockholm.

After retiring four years ago, I have been maintaining an active scholarly career, continuing my work in gender history and the history of physical appearance. (My best known book is a biography of Marilyn Monroe, "Marilyn: the Passion and the Paradox", which made several best-seller lists.)

To do the Garbo study, I have learned to read Swedish. I am living testimony that a language can be learned at an older age. I began my study of Swedish at the age of seventy-five.

I recommend applying for a Fulbright grant to anyone who wants to travel and to study overseas culture. The pay isn't great, but it is enough to cover travel, living, and expenses. Just go on the Fulbright website to find information about applying and the many places that are available. ■



Credit: Janette Brown

Lois Banner

- Lois W. Banner, Professor Emerita

Fabulous show and dean's talk

The School of Dramatic Arts MFA third-year students created "Buenaza/Cabrón" a fabulous play written and directed by Dean David Bridel. Twenty-seven Emeriti Center faculty and staff retired and not attended the event.

The caliber of acting, directing and overall performance is high caliber and we encourage you to attend as many performances through the school dramatic arts as you can. To learn more, go to: dramaticarts.usc.edu/on-stage. ■



Credit: Janette Brown

Dean David Bridel and MFA cast.

Tea and origami at Norris

Ray Mosteller (medicine) started this project in Spring 2017 as one of his retirement projects. Initially inspired by a young man who gave away origami cranes at a local Starbucks store, he began to give origami cranes to others as a symbol of hope and good luck, folding about twenty cranes a week for the patients at the USC/Norris Comprehensive Cancer Center. A neighbor who volunteers at Norris takes the cranes every week to the hospital where volunteers serve tea to the patients on Friday afternoon and place a crane on each tea tray. Mosteller has made some special cranes for holidays, and he also makes pink cranes in for Breast Cancer Awareness month. He's now working on some special cranes for Valentine's Day. The project has been named "The Thousand Cranes Project." ■



Credit: Ray Mosteller

Benefactor Recognition

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

Donor

Jacquelyn Dylla, DPT, PT, OCS

Honoree

President Steven B. Sample

Would you consider naming our center in your gift planning? If so, please call (213) 740-7121 or jcbrown@usc.edu.

Smart phones make it easy to donate to Caldwell Scholarships, EC, RFA and SRA.

Text the word "Emeriti" to 41444 on your cell phone to make a pledge. You will receive a text that gives you a link to donate.

A planned gift continues our appreciation of cultural understanding

This month, the USC Emeriti Center received a generous gift of \$35,175 from the estate of Madame **Lilia Huiying Li**. Lilia and her husband, **George Oakley Totten III**, USC Distinguished Professor Emeritus, were great supporters of the Emeriti Center and the USC East Asian Studies Center.

Lilia's first planned gift of \$110,000 in 2006 contributed to the Emeriti Center's endowment; and over the years has funded the Emeriti Center's Asian cultural programming.

Madame Li was an author, lecturer, and activist who made important contributions to international peace through her China Seminar which promoted US-China understanding and friendship, and peaceful relations between Taiwan and the mainland.

She was born around 1932 in Xiangtan, in Hunan province in China and graduated from Yanjing University during the war with Japan. She then achieved the equivalence of a Chinese history and literature M.A. from Hong Kong University.

Lila Huiying Li was well known in the Chinese government- diplomatic and international Chinese community for her special expertise in Hong Kong and Taiwan affairs. Until her death, she was one of the few people in America who had personal discussions with Mao Zedong, Thou Enlai, and Zhang Aiping.

She will be remembered for being an active peace and friendship promoter especially in relations between China and the United States, on matters such as in the peaceful return of Hong Kong, Macau, and Taiwan to the motherland. She was the author of hundreds of articles and seven books in Chinese. Her articles have appeared in English, as well as in Swedish and Russian. ■



Sept. 2002: George Totten, Bill Faith, Lilia Li, Betty Redmon & Paul Hadley celebrate the planned gift established for the Emeriti Center.



Lilia Li and Bill Faith

NOTES FROM THE EDITOR

It's all about balance

One of my goals for my 77th year is to be more "mindful."

My sister gave me and her daughters the book, "How to Train a Wild Elephant," as a gift, and I gave one to my daughter. The plan is to attempt to do it together so we have a built-in support group; but if any of the others fall out of the plan, I intend to continue.

Each mindfulness task is meant to go on for a week, so it's a year-long process. But I could, if I choose, do a task for two weeks, or go back to task #1 down the line if I feel it would be helpful.

The first task – use my non-dominant hand for as many things as I can for a week, while still being sensible (for instance, I won't try to hold an ax and chop wood). But for task #1, brushing my teeth with my left hand, scooping out food for my dog, and using the TV tuner are doable and make me think about the actions.

With a memory of once having tripped and broken my arm, I'm always mindful while walking, without being paranoid about it. Being on Weight Watchers, I try to be mindful while I'm eating – enjoy my food, slow down, etc. And I'm tired of the wastefulness of having to throw out food from my refrigerator that has passed its prime, so am trying to be mindful when I shop; I vow to use that rotisserie chicken I get at Costco fully, down to boiling the carcass to make my own fine chicken broth.

It's a process – I'm hoping I can

carry it through longer than a usual New Year's resolution – onward! ■

- Christine Sinrud Shade
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USC University of
Southern California

RETIREE COMMUNITY EVENTS (emeriti.usc.edu/category/events)

MARCH: **Friday, March 2**
Distinguished Lecture: “Fake News & News Literacy”
12 Noon to 1:30 p.m.

Wednesday, March 7
Carole Gustin Celebration of Life + Trojans Helping
Trojans meeting
11:00 a.m., URC 108

Tuesday, March 13
Physical Therapy Workshop
9 a.m. to 1 p.m., URC 208

Friday, March 16
Annual Staff Retirement Luncheon
9 a.m. to 1 p.m., Town & Gown

Saturday, March 31
USC School of Dramatic Arts Event
“Westside Story,” tickets from SRA, \$12

APRIL: **Friday, April 13**
Tour, Lunch and Talk at Verna & Peter Dauterive Hall
11:30 a.m. to 1 p.m., Dauterive Hall

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USC Retiree Community Newsletter

Janette C. Brown, Executive Director
Asst. Vice Provost, Emeriti Center

Christine Sinrud Shade, Editor

Contributors: Retired Faculty Association and
Staff Retirement Association members and
retiree community leaders.

Coming soon:

Friday, March 16, 2018

Staff Retirement Luncheon
(see page 1 for more info)