

Retiree Community Newsletter

May/June 2017

Peter Stone donates historic artifacts to Ostrow

Peter Stone is a retired clinical associate professor of the Herman Ostrow School of Dentistry of USC. On Feb. 28 Stone donated two artifacts to the School of Dentistry including a dental history book that dates back to 1803 and a human skull. These items have sentimental value to Stone, as he acquired the skull in 1954 as part of his freshman dentistry kit while his wife gave him the book as a gift when he opened his first practice.

For years Stone has donated frequently to the School of Dentistry but hopes this instance encourages USC faculty and staff retirees to donate to their schools through the Emeriti Center. Inspired by Dr. Stone, **Janette Brown** also donated her grandfather's early 20th century corte-scope folding stereoscope and dental x-ray stereographs. For other ways to donate to USC including Planned Gifts, please visit usc.plannedgiving.org. ■



Peter Stone, Janette Brown, Ostrow's Dean Avishai Sadan, and Annie Thompson, Wilson Dental Library Director

Challenging volunteer coordinator position is available

We need YOU in this vital position, as a volunteer to support USC's retirees. In return, you'll gain a cadre of "colleagues for life."

Founded in 1978, the USC Emeriti Center helps the university's retirees and pre-retirees live healthy and purposeful lives. As part of the Office of the Provost, the Emeriti Center offers most of its services and programs free of charge.

Position "must haves": B.A., or combined experience/education; organizational, administrative and planning skills; time management skills; attention to detail and accuracy; ability to work independently, take initiative and anticipate needs; customer service; written/communication skills; adaptable with a positive attitude; ability to work with confidential information; proficiency with Microsoft Office (Word, Excel, Outlook and Access).

"Nice to haves": Experience working with/managing volunteers, retirees or students; experience with office equipment and IT support to solve issues.

Typical tasks: Identify center needs and match volunteers to tasks; manage and coordinate volunteers; answer phones, talk with walk-ins; return and make calls; help with event planning/during the events; maintain/modify volunteer information on a website; ensure confidentiality of information.

If this position would interest and challenge you, please contact: Janette Brown, Assistant Vice Provost, Emeriti Center, (213) 740-7121, jcbrown@usc.edu. ■

SRA June meeting features USC Dance Center

Staff Retirement Association (SRA) members are invited to the annual lunch General Meeting, Friday, June 16, in URC 108.

Check-in time is 10:30 a.m. The 11 a.m. program features guest speaker **Jeffrey de Caen**, associate dean of operations, USC Kaufman Center and USC Thornton School of Music, USC Staff Assembly President. He will speak on "The Development & Construction of the Glorya Kaufman International Dance Center." A Center tour follows.

The meeting and lunch are free for paid SRA members. Guests are \$12 (or join the SRA!).

Register online at: <http://tinyurl.com/June2017SRA>, or by phone at (213) 740-7122. ■

USC Village opens

On Thursday, August 17, at 11:00 a.m., there will be a Grand Opening Celebration for the USC Village. ■

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Sharing our EC news with others, collecting valuable resources

Two recent conferences provided me opportunities to spread the news about our Center and our “Colleagues for Life” and enabled me to meet new people and collect valuable resources for retirees.

In March I presented at the American Society on Aging in Chicago (asaging.org or ASA for short). The topic was University Campus & Community Partnerships for Learning, Wellness & Engagement. What surprised the conference attendees were three unique points about our USC Emeriti Center:



Janette C. Brown

- The Center is the connecting bridge across the university employee’s lifespan – it’s not just for retirees
- We partner with USC schools and units for interdisciplinary, intergenerational and multicultural initiatives benefitting the university community and beyond.
- Through this model, we highlight USC faculty research and teaching while engaging USC students in experiential learning and practice outside the classroom for intergenerational learning.

While at the conference, I gathered many resources. Here are the top four that I think you will find very helpful:

- Money Smart for Older Adults (www.fdic.gov/moneysmart): This is an instructor-led training curriculum jointly developed by the Federal Deposit Insurance Corporation (FDIC) and the Consumer Financial Protection Bureau (CFPB). It raises awareness about elder financial exploitation and encourages advance planning and decision-making.
- The Aging Mastery Program (www.ncoa.org/AMP): Participants take core and elective classes designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively to society. Classes combine evidence-informed materials, group discussion, and small rewards among other things.
- Go4Life (www.nia.nih.gov/Go4Life): From the National Institute on Aging at NIH, Go4Life helps you create your own exercise program with everyday fitness ideas and motivational tips on improving strength, balance, and flexibility.
- Benefits Checkup (www.BenefitsCheckUp.org): Easy, free, and completely confidential, seniors can use the website to see if they qualify for benefits to help pay for prescription drugs, medical costs, food, in-home services, and legal services among others. It is a service of the National Council on Aging (NCOA).

In Chicago, I also met and subsequently hired our new gerontology intern, **Grace Labrecque** (see below), who will be working with us over the summer.

On April 29, I attended the Annual Meeting of the California Council on Gerontology and Geriatrics (CCGG) where USC Leonard Davis School of Gerontology students and faculty presented. This meeting along with the ASA conference established connections that will be beneficial to our retirees; as well, these events highlight our leadership role in higher education.

Our Emeriti Center resides with the Academic Senate and Staff Assembly. What a great place to stay intimately connected with the leadership of the university! Additionally, we are neighbors with the Glorja Kaufman School of Dance and are directly across the street from the brand new USC Village that will open Aug. 17. We look forward to hosting some tours of the village and casual lunch & learns at our location in the University Religious Center. ■

Janette C. Brown

Assistant Vice Provost, Emeriti Center
jcbrown@usc.edu; (213) 740-7121

The Emeriti Center/AROHE gets a summer intern

Grace Labrecque:

I just finished my first year in the Master of Science in Gerontology program. I am from Michigan and earned my bachelor’s degree in Exercise Science from Central Michigan University. Through my experiences with guided autobiography groups and intergenerational programming over the last few years, my passion for working with retirees has grown immensely. I am thrilled to be continuing my education at USC and to have the opportunity to serve as the Emeriti Center’s intern this summer. ■



Meet the tech trio

ITS (USC Information Technology Services) staff members attended our combined Benefits & Resource and Executive Leadership Board Committee meeting on April 12. This allowed Committee members to listen and provide input for improved understanding of policies and ITS customer service for our USC retirees using usc.edu email and computer accounts.



From left: Karen Juday, Jon Crumpler and Asbed Bedrossian

Karen Juday, director ITS Customer Service; **Jon Crumpler**, manager of the Customer Service Center; and **Asbed Bedrossian**, director of Enterprise Middleware Applications, discussed the recent email changes and other ITS topics while retirees and campus administrators provided stories about experiences, asked questions and provided suggestions for ITS customer service. The group commended ITS Customer Service for the work they are doing to support retirees.

For those using usc.edu email addresses, you may call 213-740-5555 or email consult@usc.edu for IT assistance. ■

Leaving the soldier experience behind, a retiree revisits Vietnam

In 2016, **Bob Calverley** (engineering/PR) and his wife, **Cyndy**, took a trip to Vietnam. Calverley hadn't been to the country since his military service in the late sixties, and it was an enlightening experience.

He writes: "As a soldier who served in an assault helicopter company in Vietnam, going back triggered memories and new perspectives. The War Remnants Museum in Ho Chi Minh City and the Hanoi Hilton (Hoa Lo Prison) feature disturbing graphic photography with a heavy dose of anti-American propaganda.

The Cu Chi tunnels held a special fascination because I visited Cu Chi half a dozen times in 1968-69. We knew that the Vietcong had tunnels, but not their extent, or that they were right underneath us.

Vietnam remains a tale of two countries. For virtually everyone in the south, Saigon is called Saigon. But in the north, it is Ho Chi Minh City. Southerners refer to "the Vietnam War" or just "the war," but up north it's "the war against America."

More expansive and beautiful, Hanoi contains several small lakes and fewer bikes. The gorgeous 19th century Citadel in Hue, a UNESCO world heritage site, destroyed in the war, is slowly being restored. Another world heritage site, Ha Long Bay in the Gulf of Tonkin, has more than a thousand towering limestone islands that take away your breath as you glide past.

After a day climbing through the ancient ruined Buddhist and Hindu temples outside of Siem Reap, Cambodia, where the temperature hovers in the mid 90s with 75+ percent relative humidity, a 50-cent cold mug of Angkor beer hits the spot. And so do the tilapia minnows nibbling on your feet if you are brave enough to try that fishy pedicure! My wife was!" ■



Bob and Cyndy Calverley

Welcome to our newest student worker

Ivan Ramos:

I am a freshman majoring in business administration. I am from New York City and am a first generation college student. They say that the east coast to west coast transition is difficult for many; however, I have learned to enjoy every second of it. Los Angeles is an amazing city, and USC is a supportive and welcoming community, which has made the transition so much easier. Aside from having USC as a support system, the Emeriti Center has become my family away from home. It is a place that allows me to get away from the hardship of classes. I hope to contribute a lot to the community and the people that the Emeriti Center serves for years to come. ■



Nearing the end of the fiscal year

My term of office as RFA president is ending soon, and I hope to continue for another two years beginning in July. The USC Retired Faculty Association board of directors usually meets monthly on the second Friday, except in May, December, and a couple of summer months.

The RFA urgently needs your input for roles that faculty (retired or still working) can contribute to the organization. Members or prospective members may attend any board meetings. The next one is June 9, 2017 at 10 a.m. in URC 102 (University Religious Center) at 835 W. 34th St. in the University Park Campus. I invite those who are eligible to contact me. I am offering a welcoming hand.

Recent activities include the Distinguished Lecture and Academic Sherry Hour that has transformed from a general interest format to one that is highly topical and current with the political climate of change in the immigration arena. Several amazing faculty and retired faculty presented information on the forefront of change in our rapidly changing society.

The RFA also actively supports the Caldwell Neighborhood Scholarship Program for first generation college students. Please see the article about this unusual group of local scholars exploring what many may not have even dreamed about just a few years ago while in high school. Access to a higher education has become a surprising reality in unpredictable, yet wonderful ways.

We invite you to engage your purpose and passion to

add value to our great university, the RFA, and yourself. It is our belief that pre-retirees's participation in the RFA presents opportunities in disparate disciplines that can positively challenge those who wish to express themselves in different, but meaningful ways outside of their academic routines.

Change is in the air as our nation moves forward with new political leadership. Our wonderful university is resetting some goals to achieve even more than what was a unique fund-raising target just five years ago. Please be part of our continued success and achievements as we seek to redefine our aspirations and accomplishments in serving the university community.

Once again, this is an invitation for faculty members, pre-retired and retired, to become active and contribute to this organization as we span the spectrum of being intergenerational, interdisciplinary, and multicultural. We invite members, active or prospective, to attend an upcoming board meeting to experience first-hand what we do and how we go about helping retirees discover their purpose and passion in meaningful ways. ■



Calvin Lau

Calvin Lau, Interim RFA President
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RFA elects officers

USC's Retired Faculty Association voted new officers into action at their April 14 meeting. Officers are: President/2-year term, **Calvin Lau** (Ostrow School of Dentistry); Vice President/President-elect/2-year term, **Jerome B. Walker** (Associate Provost); Secretary/continues into last year of 3-year term, **Jack Sanders** (Ostrow School of Dentistry); and Web Master/Communications/3-year term, **John Casagrande** (Keck School of Medicine). ■

**USC Center for
Work & Family Life**

What happens in retirement coaching?

Learn how to close the gap between where you are now and where you want to be in the next chapter of your life. An example might be: time commitments and how much to devote to which activities.

Retirement Coaching is a Partnership in a thought-provoking and creative process that assists new or existing retirees in the development of an action plan that anticipates the social, physical, and mental situations associated with leaving a career.

Retirement Coaching is a Collaboration focused on taking action toward the realization of your specific goals, visions, and desires.

Retirement Coaching Focuses on Strengths, deepening awareness of your unique strengths as a foundation to evoke clarity, increase possibilities, and establish commitment to passions or goals. For more information, contact (213) 821-0800 cwfl.usc.edu ■

- **Linda Snouffer**, LCSW, PCC, CEAP
 Assistant Director, snouffer@usc.edu





Michael Klineman

Connections contribute to a healthy lifestyle

Staff who retired in 2016 were honored at the recent Staff Retiree Luncheon on March 17 in Town & Gown. At this successful event, I was happy to see and connect with others who have retired over the years, including one gentleman who I had not seen since 1996 when he retired from USC.

It's been my experience that at SRA events I often meet former colleagues who I may have not seen for a long time or who I knew from many years ago (20 or more!). Recently, I was contacted via email by someone who had worked for me in the early 90's (and still works at USC) who had seen my name listed somewhere through the Emeriti Center. Since we'd had no contact since I left in 1997, I was happy to hear from him, and we will make plans to meet up with each other in the future to catch up.

I share these recent connections to encourage all of you to attend SRA events, as well as programs that the EC sponsors, that enable you to stay connected with the university as well as with fellow retirees. The SRA's next event will be on June 16 and will include a tour of the Gloria Kaufman School of Dance, a presentation on the construction history of this new building and free lunch. In addition, the EC is always offering a variety of free events of

interest and value to retirees that will be listed on their web page. You will periodically receive notification about these programs.

I mention these events because they can contribute to a healthy and fulfilling lifestyle for many post retirement. Continuing and replacing work relationships is important and can be accomplished by staying involved. Also, developing your new evolving routines, roles, and relationships helps forge your evolving lifestyle and identity.

Another important aspect of a retirement lifestyle is to try to have some purpose that can be accomplished in many ways and in various settings. It's a little like when students graduate from college and evolve into their new lifestyle by choices they make across a broad spectrum of possibilities.

I would like to invite those of you who want to have more involvement with the SRA to attend one of our monthly board meetings and possibly join our board as a member. This would be a way to create some involvement with our board members, as well as contribute to our organization in its service to other retirees. If interested, please contact me. ■

Michael Klineman

SRA President

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Staff retirees of 2016 honored at luncheon

Town & Gown proved to be an elegant setting for the 32nd annual Staff Retiree Recognition Luncheon held March 17 and sponsored by the Office of the Senior Vice President and supported by the SRA and the Emeriti Center.

Dan Stimmler, Vice President for Auxiliary Services, welcomed the group and reported on the new USC projects completed and underway. The Gloria Kaufman International Dance Center opened in the fall. The new USC Village will open August 2017 and will include a full service supermarket (Trader Joe's), retail shops, sit-down restaurants and open space for a farmer's market, concerts, outdoor lectures and special events plus new undergraduate and graduate student housing. Admitted Fall students are being assigned to this additional housing. The Sports Arena has been demolished and in its place a new soccer stadium is underway which will open in 2018.

Janette Brown, Assistant Vice Provost, presented the J. Tillman Hall award for outstanding service to **Connie Horak**. Her post-retirement activities include serving the Benefits and Resources Committee, research for the publication "My Confidential Documents," and a paper on seniors living alone and a transportation survey. She serves as Vice President of the SRA, responsible for many arrangements of the Staff Retiree luncheon.

Mike Klineman, President of the SRA, concluded the luncheon with a few remarks about retirement and introduced each 2016 retiree in attendance. He also thanked those who worked on the luncheon including **Harriet Servis**, Program Chair and **Donna Simmons**, Hospitality Chair.

In recognition of staff who retired in 2016, the SRA has awarded complementary one-year memberships to them. Hopefully, they will attend many of the social activities and programs arranged by the SRA. ■



Staff retirees who attended the luncheon included: Row 1, from left: James Livingston, Midori Payton, Ursula Czoik, Benice Brown, Jing Du, and Mary Rodriguez; Row 2, from left, Victoria Santiago, Cynthia Mata-Flores, Betty Wong, Tom Mark, Connie Horak, Ingrid McClendon, Asst. Vice Provost Janette Brown, and Catherine Maddaford; Back row, from left, Karen Ammons, Donald Winston, Reynaldo Buenaventura, Raymond Bates, Bernadette Degener, and SRA President Mike Klineman.

SENIOR CYBER TIPS

Classic TV shows on YouTube

Did you know that you can watch on your computer many TV shows you enjoyed years ago?

Open a tab in your browser and go to [youtube.com](https://www.youtube.com). Login with your Google username and password. (If you don't have a Google Account, you can create one when you login to YouTube by creating a username and password.) After you login, you will notice a search box across the top. Type in the name of a show such as "the lone ranger," and YouTube will offer suggestions including "the lone ranger tv show full episodes." Press Enter, and you will see a range of choices.

No need to pay Google for any; plenty of free episodes are available. Other classic shows include Sky King, The Honeymooners, Highway Patrol, Petticoat Junction, The Jack Benny Show, The Dick Van Dyke Show, Secret Agent, Hazel, and many others. Enjoy! ■

Bob Stallings
rstallin@gmail.com

Be alert for this fraudulent IRS call:

In just one day last month I received five phone calls from a 540 area code. I let all these go to my answering machine, because I've already determined that they are fraudulent phishing expedition calls. They go something like this, although I think there are variations: "We are calling to inform you that the IRS is filing a lawsuit against you" and they implore me to call back. If you receive such a call, DO NOT respond. The IRS NEVER contacts citizens in this manner.

- Christine Shade

Cognitive health talk at L.A. Arboretum

In late April, the USC Emeriti College collaborated with the L.A. County Arboretum and Botanic Garden to present "Cultivating a Healthy Brain," helmed by neurologist/gerontologist **Robert Tager**, a Keck School of Medicine/Davis School of Gerontology clinical professor of medical education and gerontology.



About a dozen emeriti joined Tager for a Power Point presentation, where he discussed the research and science behind the value of health-promoting plants and a plant-based diet that includes "whole grains, nuts, fish, and so on, generally referred to as the Mediterranean diet."

This was followed by a walk through the gardens where Tager, who is a docent at the Arboretum, informed the group about the value of various plants in our lives and the positive aspects of walking in a natural environment. ■

EC retirees tour sites in historic downtown L.A.



In March, **Curt Roseman**, professor emeritus of geography, led a large group of retirees on a tour of historic buildings in downtown Los Angeles. Photo of the group at Pershing Square with the Biltmore Hotel in the background, by **Calvin Lau**. ■

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:

Claudia Kazlauskas, spouse of **Casey Kazlauskas** (dental school), **Sherry May** (university relations), spouse of **William May** (religion); **George Olah** (chemistry); and **Robin W. Roberts** (dean of social work). ■

EC colleagues go to a ball game

Our retirees got the opportunity to interact with players and coaches at the “Take Me Out to the Ball Game” event on the afternoon of March 26. They also received a brief tour USC’s Baseball Hall of Fame. ■



Your participation is kindly requested

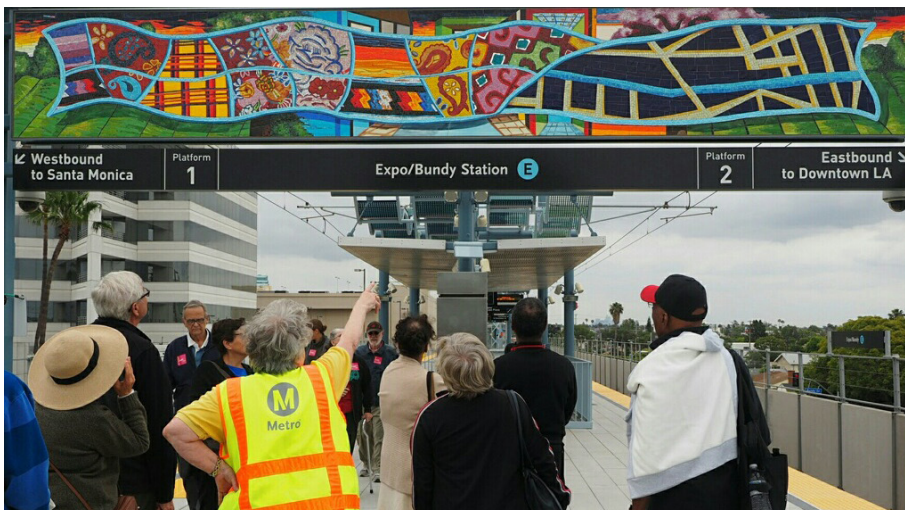
Memory problems are known to increase with age. They can be part of normal aging, but also may be early signs of a dementia, such as Alzheimer’s disease. Hypertension (high blood pressure) and diabetes also are increasingly common with age, and have been found to be associated with both Alzheimer’s disease and vascular dementia.

The USC Alzheimer’s Disease Research Center (ADRC) is involved in several research studies to better understand normal age-related changes in memory and other brain functions, with a particular focus on trying to unravel the role high blood pressure and diabetes play in brain changes with age.

Are you over age 60 with no, or mild, memory difficulties, with or without high blood pressure and/or diabetes? We need your participation in a 5- year, observational study where you will get free medical exams, memory testing and brain scans. For more information call (323) 442-7600 or visit: <http://adrc.usc.edu/healthier-brain-study/> ■



It was another great Expo Line art tour!



On May 25, the SRA's Dick Martin led another successful Expo Art line tour to view the variety of artistic works that provide a visual experience for those who ride the Expo lines. The group met at the Expo ParkUSC station where they received Tap Card Day passes (that they could keep and add to for future trips). ■

SUCCESSFUL AGING

Overcoming resistance to technology

Opposition to technology is not a new story. According to **Calestous Jum**, professor at the Harvard Kennedy School, technological controversies have ranged from attacks on the printing press and margarine to debates on the potential impacts of alternative intelligence, drones and 3-D printing.

He adds society typically supports technology when it is perceived as an addition to our lives, such as embracing our desire for inclusion, purpose and alignment with nature. If technology diminishes an aspect of humanity, we have resistance.

We know many adults continue to resist technology. Librarian and writer Renate Robey in her guide for librarians provide some tips.

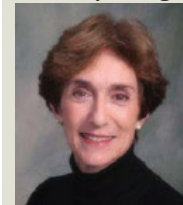
Identify the benefits. Older adults need to understand exactly what the benefits will be. That might include being part of a grandchild’s life, playing online games or researching family history.

Overcome computer anxiety. Many older adults were brought up in a school environment where the initial answer to a question had to be correct. Making mistakes meant a lower grade. Overcoming such fears requires practice, knowing that mistakes can be corrected.

Dispel resistance to social media. Older adults may be frustrated or annoyed that communication has drastically changed from phone calls and personal visits. Consider sitting down with an older adult and provide a positive social media experience.

Acknowledge cognitive or physical issues. Normal changes with age can present learning obstacles such as declines in vision, memory and dexterity. Find ways to compensate for any shortcomings.

Some say the generational divide is actually a digital divide. I agree. ■



Helen Dennis

Specialist in aging, employment, and the new retirement
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Faculty Lifetime Achievement Award Nominees

USC honors eminent retired faculty each year. Four Faculty Lifetime Achievement Awards were presented on April 17 at Town & Gown by the Provost, **Michael Quick**. Here are short summaries of their careers; longer descriptions are on the Emeriti Center website, emeriti.usc.edu/ under "Awards".

Stanley Azen

*Professor Emeritus of Preventive Medicine,
Keck School of Medicine of USC*



Stanley Azen elevated a critical set of tools used in the evaluation and improvement of medical research. In biostatistics' early years, he developed one of our nation's leading research groups in this discipline. Professor Azen also has championed collaborative research across a broad variety of fields, helping to facilitate a number of USC's signature medical investigations.

Azen has earned a reputation as a "founding father" of graduate studies in the department of preventive medicine through his commitment to Keck's teaching mission, establishing degree programs in biostatistics, epidemiology, and medical research. His scholarship encompasses more than 400 peer-reviewed papers and two textbooks that continue to guide medical professionals.

Azen has enhanced people's perception of statisticians, gaining attention for his whimsical illustrations that help explain complex concepts in biostatistics, and his foresight and tireless dedication continues to bolster the biomedical research community, and USC's eminence in research and patient care. ■

Richard B. Chase

*Justin B. Dart Professor Emeritus of Operations
Management, USC Marshall School of Business*



Richard B. Chase's is a trailblazer in the field of service management, and one of the world's foremost experts in service operations and customer relations. In addition to scholarly papers and articles, he has co-authored seminal texts regarding operations management.

Professor Chase is an innovative thinker. One of his first papers in the Harvard Business Review introduced the concept of customer contact as a critical dimension for understanding service management. Published in a journal oriented toward managers, the paper was cited by scholars for its impact on research and teaching. His work appeals to academics and practitioners alike, and he was awarded a Lifetime Achievement Award from the Production and Operations Management Society. Chase developed and taught one of the first courses in service operations at any business school, and launched a center for operations excellence that brought renown to USC. ■

James R. Kincaid

*Aerol Arnold Professor Emeritus of English,
USC Dornsife College of Letters, Arts and Sciences*



James R. Kincaid came to USC 20 years ago and assumed the prestigious Aerol Arnold Chair. As a specialist in Victorian literature he has published works on Charles Dickens, Lord Alfred Tennyson, and Anthony Trollope. His work features numerous books and essays, including studies of the child in Victorian and modern cultures, as well as the nature of comedy. Professor Kincaid has received Guggenheim Fellowships, directed summer National Endowment for the Humanities seminars, and served with the Modern Language Association.

As a teacher and mentor, Kincaid received the Albert S. Raubenheimer Award and the General Education Teaching Award. Committed to the NAI, he teaches classes and takes students on field trips, preparing them for the joys and rigor of college life. He has lectured at the L.A. Opera and has written for The New Yorker, the New York Times, the Los Angeles Times, and Salon. ■

Aristides Requicha

*Gordon Marshall Professor Emeritus of Computer
Science and Electrical Engineering, USC Viterbi
School of Engineering*



Aristides Requicha is lauded for his achievements in solid modeling and programmable automation at the macro- and nanoscales, while advancing the study of systems that interact intelligently with their environments. He pioneered two interdisciplinary fields centered in computer science: solid modeling and its applications in programmable automation, which lies at the intersection of multiple engineering disciplines; and nanorobotics, which encompasses such fields as electrical engineering, chemistry, physics, biology, and materials science.

Professor Requicha's solid modeling technology replaces traditional drafting techniques, enabling new CAD/CAM capabilities with large productivity and economic implications. He has mentored graduate students who have become leaders in the solid modeling field, and he developed and taught USC's first-ever nanorobotics course.

At USC, Requicha founded the Laboratory for Molecular Robotics. He was elected to the NAE, and the IEEE recognized him with its Nanotechnology Council Distinguished Service Award. ■

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

Robert T.E. Filep

Honoree

Jerry and Lora Walker
Thom and Rosemarie Mason

Would you consider naming our center in your gift planning? If so, please contact Janette Brown, (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.

We invite you to support the group you most care about

USC Emeriti Center retirees, as a special group, have the opportunity to participate in USC's "Day of SCupport" throughout the months of May and June.

We hope that our retired faculty, staff and their spouses/partners will consider contributing, even in a small way, to whatever USC place(s) are most meaningful to you.

We've sent out letters inviting you to support any of our retiree endeavors (Caldwell Scholars, Emeriti Center, RFA, SRA).

Any contribution in any amount to any USC school or initiative will count towards our retiree contribution numbers! I hope to report that hundreds of our retirees are participating alongside our alumni, students, faculty, staff, parents and friends.

Our special project this year supports the [USC Caldwell Scholars](#). The Caldwell Scholars are first-generation USC students who grew up near campus. If you would like to meet them and consider contributing to the scholarship fund please visit: ignite.usc.edu/Caldwell or call (213) 740-7500. ■



Caldwell Scholar Carlos Marin



From left: Caldwell Scholars Silvia Gomez and Mariela Carfdenas

It's the little things

It often seems that one day I'm out in the backyard, after a spring rainfall, and the weeds are poking up about three inches high, and I make a mental note that "someone" needs to pick them. That someone would be me, because the dog has been no help at all in the past in this gardening endeavor.

But then, incredibly, I go back there again and it's like a knee-high crop has taken over the back 40. This didn't happen overnight, however, even though it feels that way.

But it's simply that I took my eye off the ball, so to speak. I got busy with something else, and the weeds took advantage of the situation. As I bend and stoop and hack at them, I curse myself for not attacking them sooner, when they were more manageable.

It's a classic case of "a stitch in time saves nine." We all inherently know that when you take care of problems when they are small, they are easier to deal with, be they weeds, a tear in a seam, a task you're putting off, or those thank-you cards you meant to write two weeks ago.

It's also about "being mindful." When I was in Alaska recently, I thought I lost my ID packet. It was a day before I found it "in the last place I looked," but the stress it caused was a "pay attention" moment.

As I mature, I'm trying to keep my focus on lots of little things, without becoming obsessive about it – no need to tip too far in the other direction! ■



Christine Sinrud Shade
shade@usc.edu

Leave a significant LEGACY:

Remember the USC Emeriti Center in your will or trust.

For information, go to: usc.plannedgiving.org or contact John W. Yu at (213) 740-6059 or johnwyu@usc.edu. ■

Webb honored for scholarship contributions

RFA Board member **Victor Marshand Webb** was honored by the Southern California Alumnae Chapter of Bennett College for Women as a “Record Contributor, Scholarship Supporter and Loyal Friend of Bennett College.” The award was bestowed at the Bennett Belles 40th Annual White Breakfast on March 25th. The **Victor M. Webb/Rosetta C. Jefferson Scholarship** was created in 2013 to support Southern California high school graduates admitted to Bennett. Bennett College in Greensboro, North Carolina, one of two HBCU women-only schools, was founded in 1873 because apartheid laws prevented Blacks access to white institutions. Bennett's curriculum and students reflect global diversity and interests with an emphasis on social justice, business and leadership education. Bennett College has a long tradition of graduates who choose careers as lawyers, artists, judges, doctors, ambassadors and stand outs in areas of social work.

The Bennett Belles, as the students are affectionately known, were pioneers in the civil rights movement. In 1937, students protested downtown Greensboro's segregated movie theaters and film depictions of Black women. In March 1945, First Lady Eleanor Roosevelt visited the campus to meet with faculty, students and local school children. In February 1958, Dr. Martin Luther King, Jr. held a rally and spoke at Bennett when the city of Greensboro banned his appearance at all city venues. More widely known, are the Belles' vanguard 1960s non-violent sit-ins at F.&W. Woolworth and S. H. Kress & Co.'s “white only” lunch counters to protest segregated restaurants, bathrooms, public drinking fountains and hotels in the South. Many of those students were taunted, beaten by white mobs and jailed as trespassers.

Webb was also honored by the College in 2014 and 2016. He is now an official “**Loyal Friend of Bennett College.**” The study room in the Honors Residence Hall on the Bennett campus is named after his mother, **Rosetta Charlotte Jefferson.** ■



Retiree Victor Webb with Janet Peterson, Bennett College West Coast Representative and Vice President. Webb received the “gold record” award for his contributions.

Bits and Bites: Replacing teeth

Almost all of us have driven a car and encountered traffic control, such as a red light. Many of us face a “red light” in our mouths when we lose a tooth. An early experience with permanent teeth often occurs in our late teens when the wisdom teeth come in, don't come in, or need removal. But what action should be taken if another tooth is lost? In later life the decision about a lost tooth becomes the red light for some elderly. Maintaining dental health for comfort, functionality, and appearance is key, so the question now is, “Do I replace a lost tooth?”

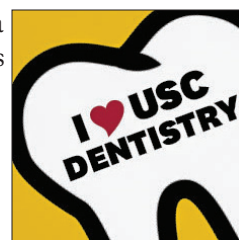
It depends. In most cases, it is desirable to replace a lost tooth. Consultation with your dentist weighs the risks, benefits, and alternatives. Practicality, cost/benefit, urgency, esthetics, and other considerations will play roles in your decision. Here are the four choices for a lost tooth:

1. Do nothing. Leave the empty space. There is no magic formula, but replacing is usually preferred.
2. Replace with a removable bridge or appliance, supported by adjacent teeth and/or mouth tissues. Design varies, but this is typically used for replacing many missing teeth. It is not as convenient because of food getting stuck. It may be less costly, but convenience and comfort are important considerations.
3. Replace with a stationary bridge wherein crowns are placed on adjacent teeth and a replacement tooth is joined to form a bridge. This technique is not very conservative to adjacent teeth that might have no fillings or crowns.
4. Replace with an implant, which is like a root substitute on which a crown is attached. This takes longer because there are two main phases, one for implant placement and healing (a few months), then a second phase for adding a crown. This is the preferred method as it's more conservative of adjacent teeth. Cost is similar to option 3.

Smiling yours,

Calvin S. Lau, D.D.S.
cslau@usc.edu

Clinical Professor, retired (after 40+ years of service)
Ostrow School of Dentistry of USC



USC's Book Club to discuss a biography

The next USC Book Club meets on Tuesday, June 13, at 2 p.m. on the University Park Campus in URC (Rm. 104), 835 W. 34th Street. The featured book is a biography, "A Scandalous Life" by Mary S. Lovell.

Club leader **Beth Shube** (beth.shube@gmail.com) says it's about the life of an aristocratic beauty, Jane Digby. She married a Lord when she was 17, and their divorce a few years later was an English scandal. She went on to pursue numerous lovers, finally finding fulfillment with a Bedouin nobleman in Syria. Working from Digby's diaries, Lovell paints a sympathetic and dramatic portrait of a rare woman. (Note: there is no May meeting.) ■

Students are unlikely housemates at retirement home - and wouldn't have it any other way

In exchange for helping their elderly neighbors, a group of USC gerontology students gets free room and board — and much more. To read the full article, go to: bit.ly/studenthousemates

To read more interesting stories on line about USC, you can go to the website news.usc.edu or provide your email address in the subscribe section of this website for USC News and receive email updates. ■



For the past three decades, students from the USC Leonard Davis School of Gerontology have called Kingsley Manor home.

BOOK NOOK

A Colony in a Nation by Chris Hayes 2017

Is America really a post-racial world?

If so, why has racial equality improved little since the late '60s, when Nixon was our "law and order" president? MSNBC host Chris Hayes upends our national conversation on policing and democracy using historical, social, and political analysis, and contends our country has fractured: in the Nation, we venerate the law; in the Colony, we obsess over order, fear trumps civil rights, and policing often looks like occupation. How could a country founded on justice look so much like a police state?

This is not necessarily an optimistic book, but it is an important thought-provoking one. ■

Christine Sinrud Shade

Physical therapy workshop adds new content

In March, physical therapy faculty and staff and clinical doctorate students presented a series of concurrent workshops at the URC. Workshops promoted being physically fit and healthy through a lifetime, including building strength, balance and endurance, aerobic exercise, etc. This semester, pelvic health was added to the curriculum. Another PT workshop series will be offered on the Health Sciences Campus. ■



Physical therapy faculty



Attentive audience at PT workshop



Kimiko Yamada explains the importance of pelvic floor exercise

Do you use LYFT or Uber?

Are any of you using LYFT or Uber? If so, please tell us about it. We are looking to sponsor free rides to USC to get folks started using this method of transportation, especially in the evenings.

The EC's Janette Brown, said: "I have found it very enjoyable to go with friends using this method of transportation. It allows me to concentrate on my friends rather than driving the freeways. I have found this small financial investment worth it for special occasions and events."

So if you're a LYFT or Uber user, please give us a call at (213) 740-8921 to share your experiences, or email us at emeriti@usc.edu with the subject line LYFT/Uber user. ■

USC University of
Southern California

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

MAY:

Friday, May 11

USC's 134th Annual Commencement

Wednesday, May 24

Occupational Therapy Workshop (see page 1)

Noon to 1:30 p.m.

URC Fishbowl

Thursday, May 25

SRA Expo Line art tour (see page 7)

JUNE:

Tuesday, June 13

USC Book Club, "A Scandalous Life"

2 p.m., URC 104

Friday, June 16

SRA General Meeting

10:30 a.m., URC 108

Includes tour of USC Gloria Kaufman International Dance Center (RSVP req./see Pg. 1)

AUGUST:

Wednesday, August 16

Physical Therapy Workshop

9 a.m. to 1 p.m., USC Health Science Campus

Monday, August 21

USC Fall classes begin

USC Emeriti Center

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Website emeriti.usc.edu

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:

Tuesday, June 13, 2017

USC Book Club,
"A Scandalous Life"

Wednesday, August 16, 2017

Physical Therapy Workshop

Thursday, August 17, 2017

USC Village Grand Opening
Celebration, 11:30 a.m.