

Retiree Community Newsletter

September/October 2016

Join us Nov. 4 for a symposium on healthy aging

All of us want to have healthy and productive lives as long as possible. The Interprofessional Health Care Symposium: Living Longer, Healthier Lives will take place on Friday, Nov. 4, on the USC campus at the Davis School of Gerontology, and will offer resources for all ages and stages.

"This symposium is an example of our interdisciplinary partnerships with the Keck School of Medicine of USC, USC Leonard Davis School of Gerontology, USC School of Pharmacy and the USC Ostrow School of Dentistry," said **Janette C. Brown**, assistant vice provost and executive director of USC's Emeriti Center. "We are excited to have clinicians from these schools including Physical Therapy and Occupational Therapy presenting at the event."

Come prepared to learn important information that will help you and your family members to live longer healthier lives. In today's complex health care environment it is critical that patients and family advocates take an active role in ensuring good coordination of care and access to needed resources.

The symposium will kick off with a talk by **Laura Trejo**, the director of the Los Angeles City office on Aging who will discuss the innovative programs that will help all Angelenos to lead healthier lives. A panel discussion by leading faculty from five of USC's professional schools will present cutting-edge recommendations that support adaptive aging. A panel composed of representatives from four community agencies will inform participants of resources you may not know about that are available to help you stay as healthy as possible. Lastly, a panel of specialists in **cognitive health** will discuss the latest research on strategies to maintain good cognitive health as we age.

A light lunch will be provided where you can also visit exhibit booths and collect resources. The community, alumni, family and friends are all welcome to attend.

To register: <http://bit.ly/HealthSymposium11-4-16> or call (213) 740-7122. Program begins at 9 a.m. Check in at 8:30 a.m. RSVP by Monday, Oct. 31. USC Davis School of Gerontology Aud., 3715 McClintock Ave. Park in Structure A (Vermont at 35th Place, free with Gold Card, others \$12). ■

Celebrate the holidays on Dec. 2

Join your Emeriti Center colleagues for the "11th USC Retiree Community Holiday Breakfast" at Town & Gown on Friday, Dec. 2. It's a festive way to celebrate with friends and to reconnect with those you worked with long ago that you may have lost contact with.

Check-in time is 8:30 a.m. and the breakfast (served at your table) is scheduled for 9 a.m. Reservations are required.

Parmer Fuller, adjunct assistant professor of vocal arts and his talented students from the USC Thornton School of Music will perform another imaginative, engaging and always delightful musical program.

RSVP: <http://bit.ly/HolidayBreak2016> or (213) 740-7122, by Friday, Nov. 25. ■

The Emeriti Center shines at University of Washington

The 8th biennial AROHE Conference was held August 14-16 at the University of Washington in Seattle. Participants included 160 retired faculty, staff and administrators, current administrators and HR managers in from 61 academic, financial and senior living institutions across the nation and Canada. USC retired faculty **Burton Marcus** (business), **Robert Scales** (dramatic arts) and **Victor M. Webb** (journalism) represented the Emeriti Center. AROHE is the Association of Retired Organizations in Higher Education. Its title and form exactly implies its function.



From left to right: Victor Webb, Bob Scales, and Burton Marcus.

INSIDE:

From the Asst. Vice Provost	2
Cruising into History	3
From the RFA	4
From the SRA	5
Senior Cyber Tips	6
In the News	6
Successful Aging	7
Meet our EC Students	8
Benefactors	9
A Note from the Editor	9
Deadline for Awards	11
Book Nook	11
Retiree Community Events	12

The theme of this 2016 conference was "Transforming

continued on page 3

Connections and partnerships continue to build and grow

The USC Emeriti Center is a connecting bridge across the lifespan of a USC employee. Our resources, events, and connections continue to grow and benefit retirees, current employees, today's students and our alumni. USC retirees, no matter where they are, are ambassadors for the University in positive and valuable ways.

The Emeriti Center consistently partners with USC schools, departments and organizations.

These interesting and valuable partnerships have developed because the Center has extensive networks and we are able to generate interdisciplinary programming that benefits not only our retirees but all generations on campus and in the community. Among our retirees there are no traditional academy silos. Regardless of their disciplines and status when employed, they welcome opportunities to share their diverse experience with others and participate in the wide range of events and programs of the University.

Our most recent partnership supports our student veterans. Retired colonel and SRA board member, **David Tool** has spearheaded a way for USC veterans (retired and current USC faculty, staff, and alumni) to register and be friends and mentors for our USC student veterans. To register for the Network go to: <http://bit.ly/NetworkForUSCStudentVets>.

We have partnered several times with the USC Division of Biokinesiology and Physical Therapy for physical therapy workshops led by USC's PT faculty and executed by their PhD students. It's a win-win situation. The PT workshop attendees have included people age 40 through 85. All who participated learned the best way to individually support healthy aging for themselves and others.

Partnering with the Staff Assembly for a "lunch and learn" session, I was amazed at the intergenerational conversation and experience sharing that benefited both young and older participants. Moderated by retired USC administrator, **Lambert Bittinger**, (highlighting the Emeriti Center's my confidential documents booklet), the attendees came away with good ideas to help family members with end of life documents, as well as more ideas for new relevant workshops.

A partnership with the office of international students this September allowed us to sponsor the first coffee hour for international students. We hope that many of you will open your home on Thanksgiving and invite one or two international students to experience a true American Thanksgiving through the **Thanksgiving Match Up Program** (see page 10).

Continuing our close relationship with the USC Leonard Davis school of Gerontology and the Keck School of Medicine of USC, we are cosponsoring a special **Interprofessional Health Symposium** that will highlight USC faculty research and provide resources for healthy aging (see page 1).

Our long-standing partnership with financial aid and with the **Caldwell Scholarships**, the Emeriti Center has partnered more closely with the RFA to help fund these wonderful first generation scholars who grew up near the USC campus. (See page 4). Retired communications professor, and RFA board member, **Victor Marshand Webb** is also looking into ways that

continued on page 7



Janette C. Brown

Write a legacy letter for those you cherish

Only a few weeks after we lost my father to a heart attack, I received an email from one of our most cherished retired staff volunteers, **Elaine Steward**, about the Stanford Letter Project: <http://med.stanford.edu/letter.html>.

It made me think about the special book I purchased for my father for Father's Day asking questions about his life so that I could learn more about what he thought was important and to learn more about his life's branching points. I am a firm believer in Guided Autobiography and wanted both he and my mother to participate but they never did. He never wrote in the booklet either, but I sat at the kitchen table and listened to many of his stories; so my close relationship with him ended peacefully and happily.

But Elaine's forwarded article made me think how wonderful it would be if each of us would write a letter to our family and friends whether we are experiencing serious illness or if we are well. I am encouraging myself as well as others to explore the template that is provided by this Stanford project and for all of us to consider riding our final letter to our loved ones.

Advance directives are also a kind way to make our ultimate passing easier for those we leave behind. These two links from the Stanford site are informative: <http://med.stanford.edu/letter/advancedirective.html> and <http://deardoc.appspot.com/html/adv.html>.

Dagmar Halamka, who teaches our "Joy of Law" classes, said "Dr. Murray, a now-retired physician from USC, always asked a new patient 'How do you want to die?' Otherwise, patients would always tell him that it was not a good time to discuss this." ■

- Janette C. Brown

Cruising into American history

For nearly 40 years, USC Trojan Travel has sent alumni and friends of USC on unforgettable adventures around the world. Trojan Travel provided an extraordinary opportunity for 25 alumni, spouses and friends of USC to immerse themselves in Southern culture and Civil War history during a Mississippi River cruise June 4-13, 2016. **Jerry and Lora Walker** served as hosts for USC, and they enjoyed the company of Professor Emeritus **Jack and JoAnn Conley**, Professor **Peter and Barbara Stone**, and Professor Emerita **Rodanthi Kitridou**.

The travelers had the delightful experience of cruising on the largest and most modern stern-wheeled steamboat in the world. The American Queen was an antebellum mansion on the water, and alumni from seven universities, including Brown, Kansas, Notre Dame, Oregon State, USC, Vanderbilt and Wisconsin, mingled pleasantly among the 432 passengers.

Lectures on the legacy of the American Civil War were given by Dr. Walker and faculty from three other universities. Jerry lectured on "The Use of Cavalry in the Western Theatre of the Civil War," and told the story of two of his great grandfathers who served under Generals Ulysses S. Grant and William T. Sherman in the Union Army. His research found that the Fourth Iowa Cavalry in which his family served was the only cavalry unit that crossed the Mississippi River with General Grant, fought two confederate armies in the State of Mississippi, and laid siege to Vicksburg in May, 1863.

USC's retired Colleagues for Life are invited to join USC's Half-Century Trojans, USC alumni and friends for



The American Queen steamboat.

a 7-night Mississippi River cruise April 30-May 8, 2017. The Walkers have volunteered to host USC's Trojan Travel group, and another distinguished lecture series will enrich the American Queen's shore excursions between New Orleans and Memphis. Trojan travelers have come to expect a level of personal service without equal in the world of affinity travel. To reserve your space, call USC at (213) 821-6005. ■



...AROHE...continued from page 1

Retirement: Rewriting Life's Next Chapter." The Conference explored: looking forward at faculty and staff retirement in 2030, research-based rethinking higher education's relationships with retirees, how retirement associations can better serve their membership, the campus, a big push to seek a stronger retiree voice and how to better promote retirement organizations to their campus administrators and the local community. Throughout both days in concurrent group breakout and networking sessions, all participants were actively searching for ways to maintain and create even stronger, more serviceable, well-respected and surely well-validated organizations across the landscape of higher education retirement.

Featured speakers included **Carole E. Goldberg**, **Jonathan D. Varat**, Distinguished Professor of Law and former Vice Chancellor for Academic Personnel responsible for oversight of UCLA's Emeriti/Retirees Relations Center and **Fernando Torres-Gil**, Professor of Social Welfare and Public Policy, Director of the Center for Policy Research on Aging who has held extensive policy appointments on aging for the White House and the Department of Health and Human Services.

Super kudos to the Conference Committee and the AROHE Board for their preparation and execution. It was a glad-handing, dynamic, informational and engaging opportunity for retired faculty, staff and current university administrators to commune in-depth on the future of retirement in higher education. The attendants expressed that the food was yummy and the company was comfy.

Caroline Kane is President-elect of the AROHE Board of Directors. Our own **Janette C. Brown** is long-term Executive Director, AROHE Board of Directors. Pat Dougherty, Director of University of Washington's Retiree Relations, Alumni & Constituent Relations, University Advancement and Executive Director of the UW Retirement Association which includes faculty and staff, acted as the UW host and facilitator for the Conference. ■

Sherry Hour takes on social media

The Retired Faculty Association's Distinguished Lecture and Sherry Hour was held on Friday, Oct. 7 from 3 p.m. to 5 p.m. in the Polymathic Academy Room (Rm 241) in Doheny Memorial Library.

Dora Vertenten, Professor in the Sol Price School of Public Policy, spoke on "A Pandemic of Presidential Campaign Prose 2016: Repurposing the Scrum." Vertenten is an expert on the use of social media in the participatory democracy. She reviewed past and present Presidential campaign strategies that utilized social media, including Donald Trump's presence on the Internet. Vertenten is an avid participant in social media that is useful for public policy debates; and as CEO of Trenton West, a research consulting firm, she advised Governors, statewide officeholders, members of the U.S. House of Representatives, and senior party officials on social media.



Prof. Vertenten (at podium), invited her online masters students to engage in the intergenerational discussion.

Wine and Light refreshments were served.

Active faculty and staff, and retirees interested in the current American Presidential campaign immensely enjoyed this event! The RFA sponsors (along with USC's Office of Financial Aid) the Caldwell Neighborhood Scholarship Program. The next Distinguished Lecture and Sherry Hour will be on Nov. 11, 2016. ■

The RFA celebrates its Caldwell Scholars

The RFA sponsors (along with USC's Office of Financial Aid) the Caldwell Neighborhood Scholarship Program. On Sept. 5, the RFA honored the current cohort Caldwell Scholars at a noontime luncheon at the University Religious Center.

The New USC Caldwell Neighborhood Scholars for 2016-2017:

Brenda Lili Apreza took summer classes at USC via the Upward Bound Program and Project Bridge Programs while a student at Thomas Jefferson High School, and was awarded a trip to South Korea for study. She played alto and tenor saxophones for the Jazz Band, taught middle and high school students how to read music and play instruments, and participated in Academic Decathlon competitions. Brenda plans to major in English and pursue a career as a foreign language English teacher.

Mariela Cardenas was the valedictorian for her June 2016 graduating class at Belmont High School and began USC classes during the summer. She received numerous academic honors such as the High Honors Award for her GPA, was named a College Board AP Scholar, helped create Belmont High's yearbook, conducted interviews and wrote articles for the school newspaper, and acted as treasurer. Mariela volunteered at Pico Union Library where she prepared daily meals for neighborhood children and engaged them in learning activities. She plans to major in English, and minor in film with an emphasis on creative writing.

Continuing USC Caldwell Neighborhood Scholars for 2016-2017:

Silvia Gomez is a junior majoring in business administration; **Mousael Rosa Louis** will major in mechanical engineering; **Carlos Marin** was an intern at JPL in Pasadena, and will pursue a career in the U.S. Air Force; **Joshua Park** is majoring at the Marshall School of Business; and **Gwang Neung (Daniel) Kim** is majoring in psychology and computer science. ■

Stallings is lauded by RFA

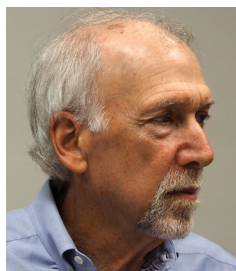
Former RFA President, **Bob Stallings**, who has also been a Web Master, Computer Help Squad leader, EC Newsletter Tech Column reporter, and iPad and Social media presenter, received a congratulatory and appreciation plaque from the RFA Board for more than 10 years of volunteer service for the USC retiree community.

Stallings was also instrumental in the preparation of the RFA's 65th Anniversary historical booklet and anniversary events. ■



From left to right: Kaaren Hoffman, Phoebe Liebig, Bob Stallings, Janette Brown, and Victor Webb.

The new semester brings many opportunities



Michael Klineman

As I write this article, I'm aware that the first week of the Fall '16 semester at USC begins in a few days. In many ways, this is a fresh start and new year for students, as well as for faculty. For staff, although it's not the beginning of the fiscal or calendar year, it is the beginning of an academic year that means a new start to certain procedures and processes for many.

Unlike the new calendar year, usually there are no "New Year's" resolutions being made. Although students tend to like the fact that they have a new start in a new semester and are not behind in reading or doing assignments (at least on the first day of classes).

How about for retired staff? We don't have these same new beginnings during the year, although summer is often a time for travel, and fall with shorter days seems to change the rhythms for some of us. The SRA does have an annual structure – our year for membership and our Board service begins in July. We hold events in June, September, December, and March.

Our last June event was a visit to the Hancock museum on campus and was enjoyed by all in attendance. After a presentation by one of the docents, a video from the Huell Houser TV program that he did about the Hancock Museum was shown. Next, small groups were taken on guided tours of this amazing hidden gem, while others ate their lunch and socialized with SRA members and guests. Following our

lead, the Staff Assembly held their August meeting there!

On Sept. 30, our first member event of this SRA year was a presentation about Frank Sinatra followed by a tour of Frank Sinatra Hall in the lobby of the Norris Theatre. Lunch was included (see below).

To kick off the winter season, we have our annual Holiday Breakfast in Town & Gown on Friday, Dec. 2. This is a joint SRA/RFA/Emeriti Center event, with over 175 guests usually in attendance. Musical entertainment presented by School of Music students and coordinated by Dr. Parmer Fuller is a highlight each year. Of course, this event is free to SRA members.

We also have extra activities in planning stages, including a Red Line Art Tour and lunch at Mel's Drive-In next door to the Hollywood Museum. Another idea is a Tuesday matinee of an older favorite film at LACMA. Stay tuned for updates of these and other special events to come.

I hope many of you will attend our programs this year where you will get to visit with old friends and colleagues as well as meet new ones. Our Board of Directors meets the third Friday of each month at 10 a.m. in a room adjacent to the Emeriti Center. SRA visitors are welcome to attend as observers, volunteers and potential future Board members!

Please email me if you'd like to attend a Board meeting so I can reserve a room with adequate seating. ■

– **Michael Klineman**, SRA President
mcline50@aol.com; (310) 374-1078
sra.usc.edu

The SRA Offered: The Life and Legends of Frank Sinatra

The Staff Retirement Association invited members and guests to celebrate the life of Frank Sinatra on Friday, Sept. 30, at the URC. **Thom David Mason**, USC Professor Emeritus of Jazz Studies, offered a presentation filled with rare photos, films clips of Sinatra, his family, his art and iconic career, in this the Sinatra Centennial Year.

After the presentation there was a visit to Norris theater lobby to view USC's extensive Sinatra memorabilia collection, followed by lunch on the URC patio. ■

Join us to explore the Red Line's Art at various stations

The SRA's Fall Day Trip - The Metro Red Line Art Tour - arranged by our trip organizer extraordinaire, **Dick Martin**, is set for Thursday, Nov. 10, and is limited to 20 participants per tour.

The tour begins at Union Station at 10 a.m. under the guidance of a Metro docent. The tour now requires a TAP card, and a round-trip fare; \$1 for the card, \$3.50 for the tour.

"We will stop and learn about the art commissioned at most of the stations," said Martin, "ending at the Hollywood/Highland station, followed by lunch at Mel's Drive-in," a half

block south of Hollywood Blvd. on Highland Ave.

Mel's is not a drive-in at this location, but is based on the drive-in featured in the film "American Graffiti," and the restaurant is next door to the Hollywood Museum.

Note: The 2017 Spring Musical's Saturday matinee will be "Evita" on April 1, at 2:30 p.m. The price has gone up to \$10 per ticket, said Martin, but it's still a bargain, and we've been promised a block of 60 "very good seats!" If you have questions on either event (such as where to meet up for the art tour), contact Martin at [<dickmar@msn.com>](mailto:dickmar@msn.com). ■

SENIOR CYBER TIPS

Storing usernames and passwords for websites and apps

I enter all websites/apps and their associated usernames and passwords by hand in a composition book labeled “Miscellaneous.” I keep it on a shelf near my home office desk in a row with several other composition books, various dictionaries and handbooks, etc. There are currently 67 single-spaced pages of entries in the book.

Whenever I need the password for a website or app but can’t remember it, I do not have to thumb through all 67 pages. Instead, I consult the printout of a spreadsheet that I created that is in essence an index to the composition book. It has only two columns, one for the name of the website/app (e.g., Dropbox), the second for the page number (or numbers) in the composition book where the username and password are written. The composition book and its index are stored in adjacent but separate locations.

Finally, in case I am not around when they need them, I have shown my wife and daughter where they can find the composition book and its index. ■

- Bob Stallings
rstallin@usc.edu

In the News

Brown takes part in AAMC webinar

Janette Brown was one of three invited speakers for the Association of American Medical Colleges’ webinar session in June about faculty transitions and retirement, related to her work with AROHE and USC’s Emeriti Center.

Klineman to serve on U Club board

Mike Klineman, president of the Staff Retirement Association, has agreed to serve on the University Club board (recently renamed the USC Amy King Dundon-Berchtold University Club); he served on the board many years ago, is a faculty member and former USC administrator, and thus is well qualified to represent the views of both retired faculty and staff.

Silvester joins EC committee

John Silvester, professor of electrical engineering-systems, has joined the Emeriti Center's Benefits and Resource Committee.



Early education’s great foundation

Phoebe Liebig (gerontology) was interviewed for a profile to be published in the University of Chicago Laboratory School’s magazine LabLife. Lab was where she was educated for grades 8, 9, and 10. “The school was based on the educational principles of John Dewey,” Liebig said, and it’s where Obama’s daughters were schooled before they moved to DC. She added, “It’s probably the best education I ever had and that is saying a lot: Radcliffe, UCLA and USC.”

They sang on a Saturday

The quartet “Sound Stage,” – a fourth of which is **Jerry Walker** (former director of the Emeriti College) – joined Monica’s Oceanaires’ men’s barbershop chorus for an Ice Cream Social on Sept. 17 at the Palisades Lutheran Church.

Brown honored by Ruskin Art Club

In September, **Janette Brown** became one of four honorary lifetime members of the Ruskin Art Club for her part in connecting the Ruskin Art Collection with USC. The collection was donated to USC and is now a part of the USC Libraries Special Collections. The Ruskin Art Club was founded October 12, 1888, and is the oldest women’s club in Los Angeles. The founding members of the Club were Mary E. Boyce, Fanny Brainerd, Dora Haynes, Lora Hubbel, and USC’s Mary Widney. <http://www.ruskinartclub.com/> ■

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:

Frances Abraham (vivaria); **June Brown** (social work); **Raymond E. Campbell** (medicine); **Hughes Huffman** (music); **Young B. Kim** (physics); **James Manegold** (accounting); **Robert L. Mannes** (engineering; dean, student affairs); **Richard Mihan** (medicine); **William M. Rideout, Jr.** (education); and **Jane Thurgood** (financial and business services). ■

News from the Vice Provost...continued from page 1

our retirees can assist in securing more first-generation students to come to USC from the local neighborhoods.

Every year, we partner with the USC School of Pharmacy to provide individual appointments with the pharmacy students who provide individual guidance on selecting Medicare D pharmaceutical insurance coverage for USC retirees (see page 7). And each year, we are informed that retirees have saved money by choosing the right plan and frequently drug interactions are identified that should be discussed with a doctor.

We continue to partner with local libraries. This semester we are focusing on the Peninsula Library in the South Bay. Dr. **Dagmar Halamka**, retired and very popular business law professor has been filling her classes to capacity. Additionally, Emeritus Professor **Thom Mason** is also a very popular teacher providing lecture on the history of jazz.

In collaboration with the Schools of Dramatic Arts, Music and Dance, the Center promotes retiree attendance to these quality performances. Our URC neighbors in the Office of Religious Life too offer wonderful events that are open to all. To subscribe to their newsletter, just send an email to orl@usc.edu.

Thank you to all of the wonderful retired and current USC faculty and staff leaders and volunteers who are supporting the work of the Emeriti Center, Emeriti College, RFA and SRA. Without their dedicated support and efforts, our partnerships and programming would not exist. ■

- **Janette C. Brown**

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

Medicare Part D Workshop offered

The Center for Health Care Rights will discuss updates for Medicare Part D for 2017, on Thursday, Nov. 3rd, 2016, from 10 a.m. to 11:30 a.m., at the University Religious Center (URC) Fishbowl.

This seminar explains changes in Medicare Part D drug coverage benefits and cost sharing for 2017. It will also review changes in the availability of Medicare Part D drug plans in L.A. County and discuss how to use the Medicare drug plan tool to select a plan that meets your needs.

Registration required. Online: http://tiny.cc/Medicare_Part_D_2017 to register. By phone, call the Emeriti Center at (213) 740-7122. Park in Structure D, free for USC Gold Card retirees; all others \$12. (Jefferson & Royal – Gate 4). ■

Medicare Part D individual consultations

The USC School of Pharmacy, in collaboration with the USC Emeriti Center and USC Senior Care are offering free Part D one-on-one sessions for those enrolling in a Part D Rx drug plan for 2017. Enrollment starts Oct. 15, and ends on Dec. 7. Appointments required for the hour-long sessions; Monday, Nov. 14 to Friday, Nov. 18, 8 a.m. to 2 p.m. Register online: <http://bit.ly/medicare-appt> or contact **Debbie Jones** at (213) 740-7641. (Pharmaceutical Science Center, Rm. 302B, 1985 Zonal Avenue, L.A. 90033.) ■

SUCCESSFUL AGING

Two reasons to exercise

Keep the telomeres long. Telomeres are caps at the end of chromosomes that protect our genetic data; they are similar to the plastic tip at the end of a shoelace preventing the shoelace from unraveling.

In the same vein, telomeres prevent the strands in chromosomes from unraveling. With age, telomeres get shorter. When they get too short, cells can no longer reproduce which causes tissues to degenerate and eventually die. This shortening is related to aging and a higher risk of death. Some evidence suggests that exercise plays a role in keeping the telomeres long.

Use it or lose it. Physical inactivity causes the loss of muscle tissue at the rate of 3% to 5% each decade after the age of 30. Other studies indicate a larger loss that begins after the age of 40 and is estimated to be about 8% a decade until the age of 70. After age 70, the loss is estimated to increase to 15% per decade. That means we become less strong with age. It may become harder to open a jar, get up from a chair or pick up your grandchild. Extreme muscle loss ultimately leads to frailty. The good news is that we can build lean muscle tissue at any age with strength training. Increased strength may not necessarily translate to a longer life, just a better one and in all likelihood more time living independently.

The good news is that we can mitigate some of the downsides of aging and with a bit of luck lead a long and healthy life. ■

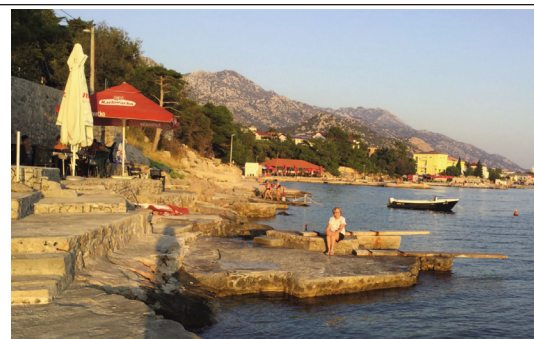


- **Helen Dennis**

Specialist in aging,
employment
and the new retirement
helendenn@aol.com

Travel and tech join for fine adventures

Ken and **Harriet Servis** have visited Zagreb, Croatia, several times since they lived there for 6 months in 1974 when Ken was serving on a Fulbright Program in chemistry. Now retired, Ken (chemistry) and Harriett (associate director, EC) enjoy being able to travel and use various technologies to stay in touch and navigate. Harriet sends this message:



Harriet Servis relaxes while on holiday.

This summer we experienced our fourth visit in Croatia. After being introduced to this country in 1975 with our young family when Ken served on a Fulbright Program in Zagreb, we have returned with our friends to their summer home in Karlobag, Croatia. Once scarred and torn by war and unrest, the small quaint villages and the city of Zagreb are vitae and full of energy. Depending on the accuracy of the modern GPS system, our driving through the toll roads and small country roads and busy cities have made travel more comfortable at our age.

As retirees we would not get along without the knowledge of mobile phones, GPS, and computers. So what we have learned before must be put to use as we travel. There is barely a person, young or old who is “not connected” in villages and cities around the world.

As long as retirement allows us to travel, read the maps, use the Internet to assist in planning, we expect to enter the years ahead in good health and comfort after our 40 years devoted to USC. ■

Give a warm welcome to EC students

Give a warm welcome to our two new student workers, Nikki Lao (communication) and Kyle Huang (business).

Nikki Lao: A freshman majoring in Communication at USC, I spent half of my life in the Philippines and the other half in the San Fernando Valley. I have a passion for stories, whether it's through reading, writing, or watching shows and films. As a freshman, I have yet to decide what career path to pursue; however, I do hope I will be able to follow my passions whatever it may be. I found the Emeriti Center while I was looking for a job, but I did not anticipate what was in store for me. The Emeriti Center has been a great place to work and learn about services that are available for retirees. Although the main focus of the center is on the retirees, it is amazing how they are focused on helping people of all ages.



Kyle Huang: A junior majoring in Business Administration at USC, I am from Temple City, California and I am passionate about both sports and music. In the future, I would like to work in the real estate industry focusing on the areas of development and investment. I recently discovered the Emeriti Center while searching through campus resources, and I am proud to know that our university offers these kinds of resources for our retired faculty and staff. I believe that the services offered by the Emeriti Center are not only essential for any academic institution, but also a testament of the Trojan Family network.



Editor, Christine Shade (left) and student worker, Christine Sabuni (right)

Our other student workers are: **Stephany Martinez** (economics; political science), **Mayra Angulo** (psychology), and **Christine Sabuni** (economics). ■

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	Honoree
Jacqueline Dylla	Dr. Verna B. Dauterive
Bob Scales	Calvin Lau

We are saddened by **Christine Glogow's** recent passing this summer and very grateful to Chris for her generosity in naming the Emeriti Center in her trust (planned gift). She felt strongly that our retired faculty and staff should be honored through gifts and as an Emeriti Center benefactor, Chris honored Yvonne (Mrs. Robert) Biller, former USC first lady Lucy Hubbard, the late Darby (Mrs. Gil) Siegel, and Harriet (Mrs. Bruce) Storm a few years ago.



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

Join us for an Emeriti Center Regional South Bay Social

Hosted by:
Hans & Anna Kuehl

Saturday, Oct. 29, 2016
5:00 p.m. to 7 p.m.



Please join us for a casual cocktail & appetizers social!
Spouses/partners/friends and singles are warmly welcomed

Bring an appetizer and/or beverage if you can.

RSVP Online: <http://bit.ly/ECSocial10-29-16>
Or call (213) 740-7122. ■

Here's a program that works to get teen drivers home safely

Many in the Emeriti Center have teen grandkids, or have friends or neighbors with teens in their families. Some of these teens have learner's permits or new driver's licenses.

In July, I took my 16-year-old grandson to a terrific (free!) defensive driving program called B.R.A.K.E.S. (Be Responsible And Keep Everyone Safe). Founded by a professional racer whose two sons were killed in a senseless car crash, he vowed to do something to help bring every teen home safely.

This was a four-hour teen hands-on pro-active driving course, not a driver's ed program, for ages 15-19. Taught by professional drivers, in a 3:1 student/instructor ratio, the teens drove donated Kias, and learned skid recovery, accident avoidance, dealing with distractions, panic stops, and car control. There was a huge semi-truck where teens could sit in the cab to learn how hard it is for a trucker to see cars in their side mirrors. And this grandma learned she's been adjusting side mirrors wrong for 60 years!

Teen drivers who take the program, according to a university study, were about 64% less likely to get into a car crash in their first three years and may get an insurance discount. Visit: www.PutOnTheBrakes.org, to find where the course will be taught next. (There's a \$99 registration fee, but the check will be returned to you when you arrive at the course, or you can leave it as a donation, since they are a 501 (c) (3) charity.)

I can't praise this program enough. I urge my colleagues to look into it, and to pass on the info, as B.R.A.K.E.S does very little advertising. ■



- Christine Sinrud Shade
shade@usc.edu

Connecting with our international students

Did you know that the USC Office of International Services (OIS) has been relocated to 649 W. 34th Street (PSD 101) just a block from the Emeriti Center? The families of our international students can be seen four mornings a week at the URC taking English classes and chatting in the courtyard.

This fall, the Emeriti Center partnered with OIS to host the International Coffee Hour at OIS in September.

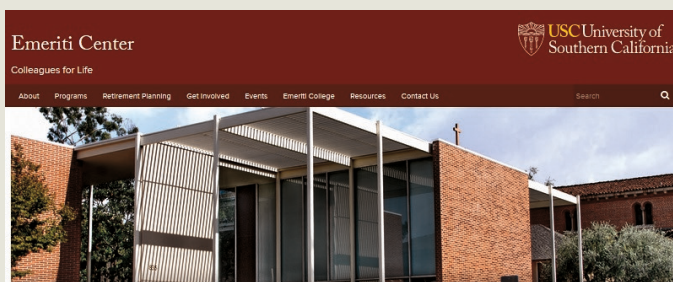
Also, for a number of years, some USC retirees have participated in the **Thanksgiving Match-Up Program** with international students.

Would you consider hosting one or more students at Thanksgiving? For more info on the Thanksgiving Match Up Program, please contact **Hanna Lee** at the Office of International Services: (213) 740-2666, hannal@usc.edu. ■



SRA Board Member David Tool (left) interacts with international students at Coffee Hour.

Volunteers needed for proofreading and fact checking



Are you good at fact checking or catching errors? Do you have a sharp eye for detail? Then we need you! Please sign up to be on our communications team. Responsibilities would include proofreading and double checking any form of information that the USC Emeriti Center shares with the public. This would range from e-mails to posts on our website.

If interested, please contact Janette Brown: (213) 740-8921, jcbrown@usc.edu. ■

Join with your colleagues for a lively book discussion

The EC Book Club met on Thursday, Oct. 13, at 2 p.m. on the USC University Park Campus in URC 104 (835 W. 34th Street).

The book for discussion was “Siracusa” by Delia Ephron. It is described in reviews as “An electrifying novel about marriage and deceit ...” that follows two couples on vacation on the coast of Sicily. Told Rashomon-style in alternating points of view, the tale involves friendship, infidelity, secrets, and lives unraveled, all with the pace of a psychological thriller.

The next Book Club Meeting will be on Friday, Nov. 11, and we'll discuss “It Can't Happen Here” by Sinclair Lewis.

To park, enter camps through Gate 4 at Jefferson Blvd., and park in Parking Structure D. Courtesy parking with USC Gold Card, all others \$12.

For more information, contact **Beth Shube** beth.shube@gmail.com. ■

Help our neighbors dress for success

Please help the surrounding USC community if you are attending the Holiday Breakfast on Friday, Dec. 2. Our annual clothing drive helps local community members prepare for job interviews and settle into employment situations. Clothing needs are for both men and women: suits, shirts, blouses, shoes, belts, purses, briefcases, etc. A tax receipt will be provided at the breakfast and an electric cart will be available to take the donations to Town & Gown from Parking Structures D and X on a rotating basis. ■

Nominate a USC retired faculty for special service award

The **Paul E. Hadley Award for Service to USC** acknowledges special service by a retired USC faculty member to any academic or administrative unit at USC following their retirement.

The award honors **Paul E. Hadley**, who served the university as faculty, dean, VP for Academic Affairs, Emeriti College Director, EC Executive Director, and founder of AROHE.org.

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.

Criteria for this award:

1) Nominee must be a retired USC faculty member who has worked at USC for a minimum of five years; 2) Retired USC faculty nominee should have made significant contributions to the creation, improvement, or enhancement of any academic program, department, school, or administrative unit following retirement; 3) A letter of nomination is required, and it should be accompanied by at least one letter of endorsement that offers additional insights or evidence of the contributions; 4) Nominations can be made by anyone in the USC community, including active and retired USC faculty and staff, and USC alumni.

Deadline to submit nominations: November 11, 2016. To submit a nomination, go to: <http://bit.ly/PaulHadley>.

Questions? Call (213) 740-7121. ■

Faculty Lifetime Achievement Award

The deadline submit nominations for the USC Faculty Lifetime Achievement Award is Friday, Nov. 11, 2016. Outstanding retired faculty are honored for “notable contributions to the university, their profession and community.” Awards will be conferred at the 2017 Academic Honors Convocation in April.

For criteria and more information, go to emeriti.usc.edu and click on Awards. To submit a nomination, go to: <http://bit.ly/LifetimeAchieve2016>. Questions? Call (213) 740-7121. ■

BOOK NOOK

“And Then All Hell Broke Loose: Two Decades in the Middle East” (2016)

By Richard Engel

If a trouble spot boils up in the Middle East, you can expect to find NBC’s Chief Foreign Correspondent Richard Engel there with a mic, filling in the details. Two decades of his front-line reporting have brought us news that has changed the world.

He now shares what he learned through his front-row seat to history (he was kidnapped in Syria), gives us his take on combat zones and halls of power, and his access to leaders, soldiers, fanatics, and victims.

It’s tough, but timely, reading about a part of the world still being roiled by sectarian hatred and social chaos.

Engel has interviewed leaders and ordinary citizens from Syria, Egypt, Lebanon, Iraq, Afghanistan, and Jerusalem.

He writes: “...the U.S. isn’t responsible for the woes of the Middle East. But like old houses that were barely standing, (our) actions and missteps pushed them off their foundations and exposed the rot within.” ■

- Christine Sinrud Shade
shade@usc.edu

Deadline extended to apply for one of two \$5,000 awards

The **Douglas C. Basil Award's** deadline has been extended to December 16, 2016. Generously funded by Professor Emeritus **Douglas Basil**, these awards offer opportunities for USC retired faculty to submit proposals to fund research or other purposeful projects.

To apply for the award and learn more, go to: <http://bit.ly/BasilAward2016>

Submission criteria: fill out the application form; upload your CV, resume, or bio; provide a short essay indicating the purpose, description, value and outcomes of the project and how the funds will be used. Awards will be selected in January 2017.

NOTE: If you applied for this award in 2014, your application is still active. You may request us to add your previous application to the 2016 submissions. ■

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

NOVEMBER: Thursday, November 3

Medicare Part D - Drug Coverage Updates 2017 Workshop
10 a.m. to 11:30 a.m., URC Fishbowl

Friday, November 4

Inter-Professional Health Care Symposium (See front page)
9 a.m. to 3 p.m., Leonard Davis School of Gerontology
Courtyard & Auditorium, GER 124

Friday, November 11

RFA Distinguished Lecture and Sherry Hour
Lecturer: Prof. Robert Shrum, Warsaw Chair in Practical Politics
and Prof. of Political Science
3 p.m. to 5 p.m., Room 124, Doheny Memorial Library

Wednesday, November 16

Creating a Successful Future - Helen Dennis Seminar
1:30 p.m. - 3:30 p.m., URC 108

DECEMBER: Friday, December 2

Holiday Breakfast (see front page)
9 a.m., Town & Gown

USC Emeriti Center

Phone (213) 740-8921

Email emeriti@usc.edu

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 Emeriti Center leaders and staff.

COMING SOON 2017:

March 15, 9:30 a.m. to 1 p.m.

Physical Therapy
Rotating Workshops

URC Multiple Rooms, Fishbowl