

Retiree Community Newsletter

September/October 2017

Women are royally recognized at the new USC Village



USC Village's plaza features a uniquely Trojan design element: a statue celebrating the women of Troy. It depicts Hecuba, wife and mother of King Priam's children, President **C. L. Max Nikias** said.

Her mythological story comes to us through Homer and Euripides. "Hecuba would defend her children and her city with fierce passion and loyalty," Nikias said. "She would urge the Trojans to fight on, even when they were outnumbered, exhausted, facing impossible odds. The spirit of Hecuba always inspired them to achieve great triumphs."

"Queen Hecuba will serve as the new symbol of Troy ... celebrating our women of Troy," the president told the crowd at the opening of USC Village. Hecuba stood to preserve and protect her

family and her city, he said. The statue's right arm is outstretched in welcome to the Trojan Family and the community as well. It serves as a counterpart to the Trojan shrine – Tommy Trojan, the iconic figure that stands guard over Hahn Plaza.

"This is our commitment to all of the women of Trojan Family ... who share the same spirit as the majestic queen of Troy," Nikias said. ■

The EC gets a sneak preview of USC Village

Celebrating the USC Emeriti Center's 39th Anniversary, the USC retiree community and friends received a sneak preview tour of the new USC Village.

The special tour on June 30 was one of the last tours before the grand opening on Aug. 17 and included visits to many of the student residences and meeting spaces in different buildings. To learn more about USC Village student living, see EC student Ivan's article on page 9.

We are grateful to Vice President for Auxiliary Services, **Dan Stimmler** for the special tour led by Senior Associate Directors, USC Housing, **Chris Ponsiglione** and **Dan Moran**. Almost 100 retired faculty and staff attended and enjoyed a special talk by Chris and Dan in the new dining hall. ■



Retirees stop for water at Hogwarts-inspired USC Village Dining Hall



The view from the second floor balcony

Welcome the holiday season on Dec. 8th

Join Emeriti Center colleagues for the "12th Annual USC Retiree Community Holiday Breakfast" at Town & Gown on Friday, Dec. 8. This is a festive way to celebrate with friends and reconnect with colleagues.

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

Talented USC Thornton School of Music students under the direction of Professor Parmer Fuller will perform another imaginative, engaging and always delightful musical program.

RSVP: call (213)740-7122 or <http://bit.ly/HolidayBreak2017> by Friday, Nov. 24. ■

Did you know we have a Facebook page?

Follow us on social media for information about upcoming events, news, and more!



[facebook.com/USCEmeritiCenter](https://www.facebook.com/USCEmeritiCenter)



twitter.com/USCEmeriti

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Connecting to support, inform & engage the USC community

The Emeriti Center is supported by a diverse group of excellent retiree volunteer leaders and student assistants (see page 11 about students). The collegial spirit of cooperation, inclusiveness, appreciation and respect for each other makes us a powerful intergenerational team; we are a family and an organization focused on service and learning not only for our “Colleagues for Life” but for our entire university and surrounding community.

Already this semester, I have attended several USC retreats and committee meetings where top USC administrators, faculty, and staff are examining how we can work together to improve an inclusive campus life, wellness, safety and education for our students and for those who educate and support them. Additionally, we are charged to think about how we can positively advance important campus initiatives while positively and meaningfully influencing society for the common good.

Serving on many USC committees is an interdisciplinary way to represent our retirees and to support and inform current USC employees about the productive and meaningful life after full time employment. Additionally, participating on committees is a way to connect the university with retiree perspectives and expertise and keep our USC retiree community abreast of university affairs. The Academic Senate, Staff Assembly, USC Civic Engagement Alliance, USC Alumni Relations Council, USC Accessibility Advisory Committee and Deans of Faculty Council are just a few places where it has been a pleasure to connect with interdisciplinary leaders on important issues for the common good.

The Emeriti Center works to create educational and cultural partnerships for the entire Trojan Family. Please visit our website and read our Emeriti Center email messages to keep abreast of opportunities to serve, learn, attend, and discover resources and updates. Our students are also posting the Emeriti Center on Facebook and other social media to ensure that we spread the word to retirees and the USC community.

We invite you to join us either on campus or remotely – in spirit or in person – as we move forward to create synergies, partnerships, educational and cultural events and much more based on understanding, appreciation and the willingness to give back. ■



Janette C. Brown

- Janette C. Brown

Assistant Vice Provost, Emeriti Center
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There are a host of opportunities for you to serve

Post your story:

Many have interesting stories to share about life after full-time employment. Please send your stories of “life after retirement,” and we will post them on our website. You can email or post directly here: bit.ly/AfterRetirementStory.

Serve on a committee:

If you are interested in serving on any Emeriti Center or university committees, please go to: emeriti.usc.edu/get-involved.

Give a talk or class:

We are looking for interesting presentations and short courses for our Emeriti College Speakers' Bureau. If you would like to be on call for 45-minute talks or mini courses around the Los Angeles area, register for our Bureau here: bit.ly/USCSpeaker.

Host a social:

Want to help us host a social in your neighborhood? We have funding for refreshments to support casual gatherings in homes or public locations. Call our office to start the process. Our students will create a flyer, set up an RSVP form, send email messages, and make name tags.

Join the SRA or RFA:

Consider joining one of the association boards that the Emeriti Center supports. The Staff Retirement Association (SRA) and the Retired Faculty Association (RFA) collaborate on events and activities with our Center. ■

Paul E. Hadley Award

The Paul E. Hadley Award for Service to USC acknowledges exceptional volunteer service by a retired USC faculty member to any academic or administrative unit at USC following their retirement. For more information, go to emeriti.usc.edu/programs/awards.

The deadline to submit nominations is Nov. 31. To submit a nomination, go to: bit.ly/HadleyAward2017. Questions? Call (213) 740-7121. ■

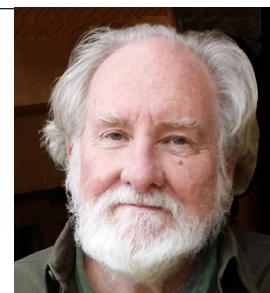
Climate change: Where are we? Where do we go from here?

The USC Emeriti Center's Fall 2017 enrichment course, presented by Tom Flood, professor of chemistry, is on the topic of climate change. Flood describes the breadth of topics the course will cover:

"Global warming, climate change, and renewable energy are much on people's minds these days, and for a good reason. How society is currently dealing with these issues is having increasingly damaging effects now and will have profound consequences for the world we leave to future generations. This course will discuss what climate change and global warming are, how we know it's occurring, how we know we are causing it, and the fact that we are already beginning to see strong effects of climate change.

Where civilization is in the year 2100 will strongly depend on the actions we take over the next two or three decades. Strategies for mitigating the worst effects of global warming will be discussed, including switching from fossil fuels to renewable electricity and establishing an all-electric transportation sector. The role of government and the economic consequences of climate mitigation will be addressed. We still have a chance to limit the increase in average global temperature to about 2 degrees Celsius if we get serious about deploying strategies that are already within our reach."

Classes are free for all USC students, retirees, staff, faculty, and alumni. They are held every Tuesday, beginning Oct. 3 through Nov. 14 from 11 a.m. to 1 p.m. in the URC Fishbowl. There are six sessions total, and class will not meet on Tuesday, Oct. 17. To register, visit bit.ly/Climate10-17 or call (213) 740-7122. ■



Professor Tom Flood

Join us for a matinée performance and discussion of *Wild Honey*

The USC Emeriti Center invites you to a performance of *Wild Honey*, a play starring MFA students from the USC School of Dramatic Arts. The performance is on Sunday, Nov. 5, 2:30 p.m. at Bing Theatre, and tickets are free for the first 50 USC retiree registrants. A reception will take place immediately after the performance where we will have an intergenerational discussion of Chekhov's adapted play in URC 108.



Wild Honey: A village schoolmaster has it all: wit, intelligence, a comfortable and respectable life in provincial Russia, and the attentions of four beautiful women (including his wife.) Michael Frayn's comedy of errors drawn from Chekhov's untitled and posthumously discovered early play is a glimpse into 19th century life, replete with tempestuous passions among the idle in rural Russia.

We support USC students by attending their performances and engaging them in intergenerational learning outside of the classroom. RSVP: bit.ly/WildHoney11-5-17 or call (213) 740-7122. Parking is free for Gold Card holders, and discounted parking is available for \$10. Please inform the gate officer you are attending a School of Dramatic Arts Performance. ■

The RFA presents an eclectic selection of lectures

The next RFA Distinguished Lectures (formerly known as the Sherry Hour), which take place from 3 p.m. to 5 p.m. are:

"The Latino Middle and Upper Classes: Mobility, Identities, Mobilization" on Friday, Oct. 13, is in the Gerontology Auditorium. The speaker is Jody Agius Vallejo, Associate Professor of Sociology/American Studies & Ethnicity, and Associate Director, Center for the Study of Immigrant Integration. RSVP online: bit.ly/RFAlecture10-13-17.

"Media in the age of Trump; Trump in the age of media" on Friday, Nov. 10, is in Doheny Memorial Library, Room 240. The speaker is David Gordon, former CEO of The Economist (London). Gordon examines the Trump phenomenon in today's media. RSVP online: bit.ly/RFAlecture11-10-17.

"Homegrown Violent Extremism – Toward a New Understanding" on Friday, Jan. 12, is also in Doheny Memorial Library. The speaker is Erroll G. Southers, Professor of the Practice of Governance, Sol Price School of Public Policy. "We are facing a clear and present danger," says Southers, from extremists who are inspired by "ideological motivations, based on race, religion and issue-orientation." bit.ly/RFAlecture01-12-18.

Also, on Nov. 2, there will be a lecture and tour at the Stevens Neuroimaging and Informatics Institute on the Health Sciences Campus. The lecture will begin at 10:30 a.m., and a bus will run from the University Park Campus at 9:45 a.m. (board 9:30 bus on 34th St. in front of JEP House). This is a joint RFA-SRA event. Meng Law, Professor of Radiology, Neurology, Neurological Surgery and Biomedical Engineering, will be the speaker. RSVP online: bit.ly/StevensNeuro11-2-17. ■

Lessons from the last and new fiscal years

It is my pleasure to continue my service as president of the USC Retired Faculty Association.

Many of us follow USC football. Whether you do or not, there are lessons to be learned from the Trojans' two home games this season.

The first game was the first Saturday of September and USC prevailed, finally, over Western Michigan University (USC 49, WMU 31). It wasn't until late in the third quarter that USC started performing well enough on this hot afternoon with temperatures over 100 degrees.

The second game was the second Saturday and USC dominated arch nemesis Stanford in a total reversal of recent rivalry games. Imagine the surprise that Trojan fans experienced when USC responded so strongly to Stanford initiatives. USC won convincingly (USC 42, Stanford 24).

What made the difference, if anything? USC's attitude was quite different between the two games. Players better realized their roles and contributed in an improved team effort.

Why was it different? USC played in a focused manner and used its strengths with passion, purpose, and confidence.

What are the lessons for RFA? Last fiscal year my role as interim president was to get our group back on track and to survive. This fiscal year we can improve and thrive. I am reaching out to all eligible faculty to join in a team effort

to marshal your unique knowledge and skills into a passion with purpose to advance the RFA to higher levels. Together we can make a difference for the betterment of ourselves, the university community, and society by directing energies in a concerted effort to make the big "R" of Retirement a valuable quantity in the last third or so of our lives.

The RFA needs members who are willing to participate and bring their energies to challenges unrecognized. Take the opportunity to try something new, to find alternative fulfillment and joy in a path of change from being faculty to being something else. Interested in discovering a new identity?

Please give us a try by attending a board meeting as an interested observer. We meet the second Friday of most months in late morning – at the URC. If you give us a chance, we might be able to instill some confidence in your future as a retired faculty member. Can you support the RFA? We certainly want to lend you some support, too.

Fight On! ■

- Calvin S. Lau, RFA President
clau@usc.edu



Calvin Lau

Faculty Lifetime Achievement Award

The deadline to submit nominations for the USC Faculty Lifetime Achievement Award is Friday, Nov. 13. Outstanding retired faculty are honored for "notable contributions to the university, their profession and community." Awards will be conferred at the Academic Honors Convocation April 24, 2018. For more information, go to emeriti.usc.edu/programs/awards/. To submit a nomination, go to: bit.ly/LifetimeAchieve2018. Questions? Call (213) 740-7121.

Descriptions for all 2017 Academic Honors Convocation honorees are listed here: academichonors.usc.edu/directory/. ■

A message from the Academic Senate President

I have recently started my one-year term as President of the Faculty at USC, and it is looking like it will be quite a full year. Some of the things we expect to be working on include job security for RTPC (Research, Teaching, Practice, and Clinical) faculty, a vision for teaching at USC in 2030, supporting interdisciplinary communities at USC, and continuing work on a number of other topics on which we have made a start in recent years (such as campus climate, sustainability, and innovation).

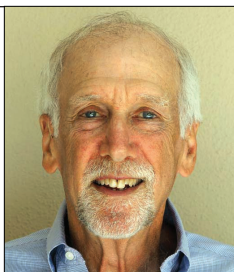
There is also the new Task Force on Workplace Standards and Employee Wellness, which is looking to make recommendations about how to move forward on some of the issues that have been highlighted by the recent events around the former Dean of the Keck School of Medicine.

My own background is in computer science, artificial intelligence and cognitive science, where I work on modeling the fixed structures that work together to define a mind, and ponder the nature and stature of computing as a domain of science and engineering. I'm somewhat amazed to find that I am reaching my 30th anniversary at USC this fall. **Victor M. Webb** is the Emeriti Center's Retired Faculty Association representative on the Academic Senate. ■

- Paul Rosenbloom, President of the Academic Senate
rosenbloom@usc.edu



Paul Rosenbloom



Michael Klineman

It's time to live each day to the fullest

It occurs to me that nothing is forever and that we should try to live each day to the fullest. I know these are clichés, but these thoughts became more real to me recently when two of my relatives died.

We know as we get older our health, strength, endurance, and mental capabilities will likely diminish. That's why I think it's important to take that trip we have been dreaming about, contact those friends who we haven't seen for a while, read the book that has been sitting on the night table forever, enroll in the course(s) that are offered locally or through educational institutions, get back on that exercise program that was dropped or never started and many other ideas not listed here. These should be done sooner rather than later because we don't know how long we'll be able to do some of these activities and nothing is forever.

Another way to live life to the fullest is to take advantage of the events and programs offered by the SRA and the Emeriti Center. Recently, the SRA held a tour of the new state-of-the-art Fertitta Hall Building, which houses the USC Marshall School of Business undergraduate business program. Lunch was free (as part of your SRA member dues). There are also three other regularly scheduled programs as part of your membership throughout the year that include a meal: the holiday breakfast with

entertainment from USC Thornton School of Music students; the Retiree Luncheon in March, both in Town & Gown; and June's annual meeting and program. These are all great opportunities to see old colleagues/friends and make new ones.

At our annual meeting in June we had election of officers followed by a presentation on the planning and construction of the new Glorya Kaufman International Dance Center, including a tour. After the tour, lunch was served next door at the Emeriti Center.

The SRA has been planning a tour in October of the L.A. Times building downtown, and this will now be a joint SRA and RFA (Retired Faculty Association) program. Other possible programs include a tour of the Federal Reserve Building and the opportunity to look at large piles of cash (although no souvenirs will be given out!). A tour of Disney Hall and its famous organ is in the planning stages. I would also suggest that you look on the Emeriti Center website (emeriti.usc.edu) for additional programs and events of interest that occur throughout the year including those offered by the SRA, although you will likely get an email about these. I hope to see you at our events this year and welcome your feedback as well. ■

- Michael Klineman, SRA President
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 (310) 374-1078



Jeffrey de Caen

Staff Assembly's role changes at USC

Many changes are afoot with the Staff Assembly's role at USC. The group is taking the necessary legislative steps towards changing its members' and officers' service period from January-December to July-June. This will put the organization in sync with the university's fiscal year but, perhaps more importantly, in sync with the group's sister governance structures: the Academic Senate, the Graduate Student Government, and the Undergraduate Student Government. We have selected liaisons to attend the meetings of these other organizations. In addition, a quarterly meeting of the four Presidents, labeled the "Trojan Council," will commence this year in an effort to unify efforts, share

concerns, and disperse information.

We have also established two new permanent committees: "Scholarship & Awards" and "Staff Appreciation." These two, year-round, dedicated committees are designed to pursue further scholarship/recognition awards and appreciation opportunities, respectively. These were limited, "ad hoc" efforts in the past.

In addition, the Staff Assembly has been invited to provide a voice on important university committees including the Provost's Diversity & Inclusion Council, the Employee Benefits Advisory Council, the Sustainability 2020 Steering Committee, and the newly formed Task Force on Workplace Standards and Employee Wellness.

More challenges lie ahead including efforts to alter the Staff Assembly to more closely align with the geography and demography of USC's current staff landscape. This will allow the group to even more effectively operate as a sounding board for the university. Our strong relationship with the Staff Retirement Association will, of course, continue and we always welcome any input or suggestions. **Bill Givens** is the Emeriti Center's SRA representative for the Staff Assembly. ■

- Jeffrey de Caen, Staff Assembly President
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SENIOR CYBER TIPS

Popular social media

Facebook is the most “social” of the social media. Despite being annoyingly non-intuitive, it is a good way to stay in contact with friends and family, colleagues, former high school classmates, etc., at distant locations (see Senior Cyber Tips [SCT], May 2010).

Twitter remains my favorite. It is extremely useful as a source for news from organizations and individuals that you choose to follow (SCT, May 2011).

Instagram, like Twitter, is best suited for following friends, celebs, news reporters/stations, etc. Posting your own photos to Instagram can be done only from a smartphone using the Instagram app.

Pinterest is “social” in a different sense. Users don’t interact directly; they share “pins” of interest (hence Pinterest) that are posted onto “boards.” For example, you can “follow” boards on a variety of topics such as travel, cooking, women’s clothing, etc. On each, strangers pin recipes, photos, instructions, etc. You can create your own boards. I currently have 27 ranging from different places (e.g., my hometown in Ohio) to organizations (USC, Ohio State, etc.) to one for photos of TV and movie actors.

Regarding Snapchat: simply put, I’m too old. It’s cellphone only; no browser website. You can take and manipulate “selfies” (photos you take of yourself) that you send to your contacts. The sender gets to decide how long each photo lives. You can also watch video clips from various entertainment media. My recommendation: If you’re interested, go to YouTube and watch videos about Snapchat. ■

- Bob Stallings, rstallin@usc.edu

The City of Los Angeles certifies the USC Emeriti Center as a Green Office



The USC Emeriti Center has been certified as a “Green Business” by the city of Los Angeles. This recognition demonstrates that we are conducting our business using strategies aimed at improving employee wellness and productivity, energy savings, water efficiency, resource stewardship, and reducing CO2 emissions.

This seal (pictured left) shows our commitment to incorporating sustainable practices at every level of our operations.

We take pride in being part of the growing green business community of Los Angeles as well as the

California Green Business Network. Learn more about the program here: greenbizla.org. ■

A colleague offers some money-saving tips

When you're trying to stretch a retirement budget, sometimes it's the not-so-little things that count. For example, my doctor prescribed a medication for me that had no generic equivalent. The co-pay came to slightly over \$100 per month - a heavy blow to my limited budget.

However, I recalled that some years ago I had challenged the price of a medication, and my insurer granted a “tier reduction” that greatly reduced the co-pay. So I tried it again, and after a phone call and some paperwork (which included certification of need from my doctor), the co-pay was reduced to \$17 per month. If you have an untenable co-pay, give it a try; it might work for you!

A New York Times article recently listed several apps which will find senior discounts for you. The Apple App Store offers a Senior Discounts app (\$1.99) which lists discounts by eligible age or type. Another app is Senior Savings (\$0.99). Taking it up a notch is Sciddy (\$7.99) which not only finds discounts for 50 and up, but it also alerts you when you walk into a store that offers a senior discount.

Some other websites to check out are: The Senior List (theseniorlist.com), Retired Brains(retiredbrains.com/index.html), and of course, the Member Benefits at the old reliable AARP (aarp.org/benefits-discounts).

The discounts are out there, and these apps and websites will make it easy for you to find them. ■

- Bill Givens, givens@usc.edu

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:

Raimonda Apeikis (medicine); **Louise Benson Ball** (medicine, asst. to the assoc. dean/Living History Project); **Anna Bresnahan** (medicine); **Rich Edwin** (spouse of Sue Edwin, former SRA Board); **Alfred Fischer** (geologist); **Paul Ilie** (comparative literature); **Lila Hanna** (medicine); **Bruce Hosken** (life partner of Betty Redmon, Emeriti Center); **Dwight Johnson** (dentistry); **Daniel Lewis** (music); **Phillip Muntz** (astronautics); **Robyn Ontiveros** (music/admissions); **Casey Siegel** (journalism); and **Jenny Spitzer** (spouse of the late Bill Spitzer/dean; mother of Matt Spitzer/former dean, Law) ■

Important resources are available

The Older Adult Counseling Center is housed within the Psychology Services Center at USC (SGM 1030). It is a non-profit service delivering high quality evidence-based care to older adults and their families. The center offers therapeutic services for older adults and their families to help:

- Older couples facing changes in their relationship, e.g., when one has a serious physical illness or disability
- Loss and bereavement
- Families caring for an older adult with cognitive impairment
- Other issues that challenge older individuals and their families

The Psychology Services Center serves as a teaching clinic for USC doctoral students earning their Ph.D. in clinical psychology. Services are typically provided through a team approach in which students work closely with a supervisor who is a Ph.D. psychologist – either a faculty member in our program or a clinical associate. If you are a client or family member interested in our services, please call the main clinic number (213-740-1600) to complete a screening and ask any questions you might have. Visit their website for more info (dornsife.usc.edu/usc-psc/oacc).

The Center for Work and Family Life (CWFL) offers confidential, short-term counseling and consultation to USC faculty, staff, and their dependent family members. USC retirees may have up to 10 free consultations per year.

We are available to assist with the following concerns: emotional distress; anxiety, depression, grief/loss, anger, individual and group counseling; on-the-job issues: dealing with co-workers, career assessment, problem solving and referrals; stress: assessment, plan development and follow-up; marital and family difficulties: communication, parenting, conflict resolution, individual, couple and family counseling; crisis intervention: domestic violence, trauma, critical incidents, other serious life events, individual and individual and group counseling; alcohol and drug misuse/abuse: assessment, education, case management, and referral services; workplace health and wellness: assessment, plan development and follow-up; basic financial management: assessment, problem solving and referrals.

For more information, please contact the Center for Work and Family Life at (213) 821-0800. Visit their website for more info (cwfl.usc.edu). ■

There's a lot going on... join us!

There's a lot of events for our USC Emeriti colleagues to look forward to in the coming months, from joint SRA/RFA tours and outings to next year's Spring Musical.

On Wednesday, Oct. 18, there will be a SRA/RFA tour of the Los Angeles Times building in Downtown L.A.

"Still in the works," said SRA events coordinator **Dick Martin** "is a tour of the Victorian homes at the Heritage Square Museum in Highland Park, and a tour of the newly opened USC Pacific Asia Museum in Pasadena.

The Spring Musical will be a matinee performance of "Westside Story" on Saturday, Mar. 31, at 2 p.m. "Ticket prices increased for this year to \$12 per person," said Martin, still a bargain. Email invitations, postcards and flyers will be available at the end of Feb. Contact Martin at dickmar@msn.com with any questions and/or suggestions. ■

SUCCESSFUL AGING

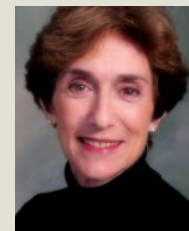
Does using a cane mean I am old?

Canes are an important support in providing stability and often limiting pain. It is easy to equate a physical limitation to age; that's when attitude counts – big time. A negative attitude towards aging can evolve into a self-fulfilling prophecy. In a study of older adults over a 23-year period, Becca Levy, Professor of Epidemiology and Psychology at Yale found older adults who viewed aging as a positive period of life lived 7.5 years longer than those who had a negative view of aging.

Today canes can become a fashion statement. They are available in colors, prints and with gems and fancy handles. One could have a wardrobe of canes to match various outfits which might be considered trend setting and cool.

In our youth culture, looking your age is not a typical aspiration for many older adults. Most welcome a comment about not looking their age, except when they don't. When Gloria Steinem turned 40, someone extended the compliment – "You don't look your age." Instead of saying thank you, Steinem replied, "This is what 40 looks like." She continued that response on her 80th birthday by saying, "This is what 80 looks like."

Whether we like it or not, others may initially judge us by our physical appearance. How each of us deals with this is a personal matter. Do remember that attitude counts. I am reminded of a quote from a former yoga teacher who said, "You are perfect the way you are." Not a bad Thought. ■



- **Helen Dennis**
Specialist in aging,
employment, and the
new retirement
helendenn@aol.com

A message from Laura Mosqueda, MD, Chair, Department of Family Medicine, Keck School of Medicine of USC

The Department of Family Medicine and Geriatrics at the Keck School of Medicine of USC is committed to providing excellent medical care and to improving the lives of those we serve. Our family, physicians and geriatricians take our role in coordinating a patient-centered and family-focused approach to caring for our Trojan Family to heart. The faculty members and staff work closely with specialists to plan and implement medical care throughout the cycle of wellness and prevention, diagnosis, management and treatment, and recovery and rehabilitation. We function as an interdisciplinary team that includes physician assistants, pharmacists, occupational and physical therapists, and social workers who practice with our family physicians.

As we age, it's important to know that while we might experience pain in our joints, for example, these symptoms are often treatable and we can still expect to live joyful lives. And in this aging process, it's vital that we all have access to care that is comprehensive and is provided in the context of each person's goals and circumstances.

Should you need assistance with scheduling a visit with one of our Department of Family Medicine physicians, please call (323) 442-5900 or our director of special services, **Norma Perez**, at (323) 442-1216. In addition, Keck Medicine of USC hospital concierge desks are staffed by service professionals available to help USC patients, their families and staff. Located in the main lobby of Keck Hospital of USC, USC Norris Cancer Hospital and USC Verdugo Hills Hospital, the concierge desk has information about a variety of services to help make the stay of patients and their families as comfortable as possible. ■



Laura Mosqueda

How to make a very different kind of donation

Early this summer I donated my waist-length hair to LocksOfLove.org, a charity that makes wigs for financially disadvantaged children with long-term medical hair loss. I've done this several times over the years, originally motivated because they made free wigs for children going through chemotherapy.

This year I was pleased to discover they now accept gray hair, too! I went to the Santa Monica Vidal Sassoon Academy for a half-price shampoo and haircut (only \$11!) and they processed the paperwork and sent my different-colored braids to Locks of Love.



It was fun to observe the Master Class instruction on haircuts as one of several clients. It was an all morning process I wouldn't want to do very often! But it is fun and I think quite worthwhile every 4-5 years. There are several ways to donate to Locks of Love. The website advises on how to organize a donation event at a local salon if you want, or just send your (10-inch long minimum) ponytail or braid(s) directly. Other organizations also accept donations of hair with different target groups and goals. Check the web to see which may interest you. ■

- Donna Simmons, dsimmons@usc.edu

USC's investment group is accepting new members

The University Park Investment Group meets for dinner on the fourth Wednesday of each month at the University Club, from 5:30 p.m. to about 7:45 or 8 p.m. The group, commonly called UPIG, holds a sociable discussion focused on investing topics and news about stocks we own. Limited to 26 USC-affiliated members elected by present members, we now have several openings.

The club was founded more than 30 years ago as a collegial group of USC faculty and senior staff meeting socially after work at the former Faculty Club. Our goal is one of camaraderie, to learn about investing and to pool funds to buy stocks. UPIG has had faculty, staff, student, and alumni members from many different USC divisions and both campuses through the years. Many of us are now retirees, and we welcome new retiree members with any level of investment sophistication. We all like to learn! Membership requirements are affiliation with USC, a collegial attitude and desire to share investing experience. If you want more information or an invitation to attend a monthly meeting as our guest, contact UPIG secretary **Donna Simmons**, dsimmons@usc.edu. ■

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

Dr. Victor Marshand Webb

Honoree

In memory of Dr. Verna B. Dauterive

On the occasion of her grand 101st birthday, Ruberta Weaver

Dr. Nancy Warner
and Chris Reynolds

Janette Brown

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.

Sophomore Ivan moves into the Village

Living in the USC Village is not only an honor, but also a privilege. I was fortunate enough to get a six person suite, which includes a kitchen, living room, two bathrooms, three bedrooms, and a beautiful view of all the other buildings. Since I knew that this was going to be my home for sophomore year, I spent all summer counting down the days until move-in day.

Move-in day was hectic and walking into the USC Village for the first time was amazing in itself. I had no words to express my excitement. The moment I walked into my suite, I was shocked by the large size of the rooms. After the first day, my roommate, Koby, and I explored all the village spots. There is a new gym, a dining hall, bike storage room, patio and village stores such as Trader Joe's, Target, and CAVA. Additionally, there are study lounges and two laundry rooms on each floor. The study lounges have been very helpful especially since classes have started picking up the pace. There is so much more about the village than meets the eye. It is a place that brings everyone of all ages together and allows them to appreciate the beauty of the work that has been done.

I am extremely grateful to live in the village, and if you haven't had the chance to visit, I highly recommend you stop by! ■

- Ivan Ramos



Ivan (right) and his roommate Koby.



The view from Ivan's living room.

NOTES FROM THE EDITOR

It's all about balance

Life is about balance, literally and figuratively.

Literally, I've learned I need to work on my own physical balance. I found this out by taking a Zumba class at the Y, where I discovered I was as "good" at that as I was at Tai Chi! Meaning they both need a LOT of work if I want to remain upright!

Figuratively, being a news junkie, recent news about fires and floods could have thrown me for a loop if I hadn't put myself on a time out or two as I followed wall-to-wall coverage on TV. My house wasn't being threatened, but I had friends who were too close for comfort, and my car was covered in ash, and that was close enough for me.

The floods caused by Hurricanes Harvey and Irma were even more troubling though, as I followed the storm, wind, and flood surge damage being done to Naples, Florida, where my sister has a friend who was sheltering on the second floor of his house with his father who has Alzheimer's and his greyhound. All are fine.

But it reminds me to balance my own life with daily enjoyments, while being prepared for the unexpected. Fires and floods are unlikely disasters for me, but it's California, so I need to update my earthquake supplies, including extra dog food and fresh batteries. I suggest my Emeriti Center colleagues do the same!

And along the lines of being prepared, the 2017 Great California Shake Out takes place on Oct. 19. To learn the importance of "Drop, Cover, and Hold On," go to www.shakeout.org/california. This site will refresh your memory about

what you should do during an earthquake for the best chance of survival. ■



- Christine Sinrud Shade
shade@usc.edu

Jake Olson's dream makes football history

In the 2017 Trojan season opener, 20-year-old **Jake Olson** made a dream come true and made college football history. The long snapper, blind from age 12, played his college debut against Western Michigan this September, making a perfect snap to assist for a Trojan field goal. Shortly before Jake had surgery to remove his right eye, USC Coach **Pete Carroll** had invited the 12-year-old to practice and to games. This encouragement and team participation continued after his surgery. This kindness filled him with a passion for USC.

First, Jake, can you tell our readers what a long snapper is?

The long snapper is technically the center. He snaps the ball to the holder or the punter (The snap is 7-8 yards for field goal attempts and up to 15 yards for punts.)

How did your journey to be a USC long snapper begin?

I love this university. I tried out for the varsity long snapper position at Orange Lutheran my junior year; I worked out every day to hone the skill. There's an art to positioning, the velocity, honing the spiral and the accuracy. I won the varsity long snapper spot for two years. I got to SC and they offered me a spot on the team, an amazing opportunity.

You gave a shout out to Pete Carroll for including you in the Trojan Family. What does that mean to you?

In 2009 I was in my darkest hour. Coach Carroll is an awesome gracious guy, and I will never be able to repay him. The Trojan Nation is a real family and that has never been truer than in my case. Knowing that there is a network of people here who love me and support me is a good feeling.

Our audience is retired USC faculty and staff. They may face deteriorating health and some loss of functions. What can you say to them?

One of the first things I do is be grateful for what I do have. It's easy to focus on loss, but not what you still have. Maybe focus on the opportunity of being grateful – for people coming to visit you. Be willing to find a way. Sometimes it may be a little harder, but that doesn't mean you shouldn't try. I learned being blind that things are not as easy as they seem. Walking to class is not as easy as seeing a path, and you may make a few wrong turns, but the point is to be grateful that I get to go to class.

What does being a man of faith mean to you?

I wouldn't be here but for my faith. I mean just for me God had a plan and makes all this opportunity. The strength and the courage and just the peace can't come from anywhere else when you face stuff like that and you get the sense that everything is going to be all right.

What message would you, Jake Olson, D1 football kicker, cancer conqueror and man of faith want us to remember?

I think there are a lot of people who are busy thinking about the negatives. A lot of people blame others or circumstances. Pointing fingers doesn't get you anywhere in life. Find a way. Know what you want and do not accept limitations.

Note: You can read more online on the EC website emeriti.usc.edu. ■

- **Debbie Jones**, USC Benefits and Retirement Navigator



credit: John McGillen

Jake Olson

Medicare Part D Workshop is offered

The Center for Health Care Rights will discuss updates for Medicare Part D for 2018, on Friday, Oct. 27, from 10 a.m. to 11:30 a.m. at the University Religious Center (URC) Fishbowl. The program will be conducted by **Cristina Garcia**, CHCR's Education and Outreach Manager. This seminar explains changes in Medicare Part D drug coverage benefits and cost sharing for 2018. 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: bit.ly/Medicare10-27-17 to register. By phone, call the Emeriti Center at (213) 740-7122. Parking in Structure D off of W. Jefferson Blvd (Gate 4) is free for USC Gold Card retirees; all others \$12. ■

Medicare Part D individual consultations are available

Free one-on-one session consultations are available for those enrolling in a Part D Rx drug plan for 2018, through the USC School of Pharmacy in collaboration with the USC Emeriti Center and USC Senior Care. Open enrollment starts Oct. 15, and ends on Dec. 7. Appointments are required for consultations, and will be held the week of Monday, Nov. 13 to Friday, Nov. 17. Register online: bit.ly/PartDConsults2017 or contact Debbie Jones at (213) 740-7641. The consultations will be held at the Pharmaceutical Science Center, R 302B, 1985 Zonal Avenue, L.A. 90033. ■

We introduce our Emeriti Center student support staff



Kelly Ann Ford: I am in the Master of Science in Gerontology Program at the USC Davis School of Gerontology, class of 2019, and am the founder of a creative aging organization called The Forty Over 50 Project. I have an extensive background and career in the performing arts, as well as a lifetime of experience in caring for older adults. The combination of these is what brought me to USC to pursue a second career as a gerontologist. I am excited to have the opportunity to work at the Emeriti Center this year. ■



Grace Labrecque: I am from Battle Creek, Michigan and am in my second year in the Master of Science in Gerontology program. My primary interests in the field include redesigning retirement, creating intergenerational programs and communities, and promoting holistic wellness among older adults. ■



Ivan Ramos: I am a sophomore studying Business Administration and Computer Science. I am from New York City and am a first generation college student. I am involved in a number of clubs on campus such as the Trojan Spirit club, the boxing club, and the Liberty in North Korea organization. After graduating from USC I hope to pursue a career in the business side of the tech industry, such as a strategies officer or a marketing manager. ■



Nikki Lao: I am a sophomore PR student at the USC Annenberg School of Journalism with a pre-law emphasis and a desire to minor in practical politics. I was born in the Philippines but moved to L.A. at a young age. I am involved in my church's student organization, am on USC's yearbook staff, and I'm a senior producer for Platform, a discussion/debate show on USC's student-run TV station Trojan Vision. After I graduate, I hope to become a political campaign manager/press secretary and then pursue my interest in law or TV production. ■



Christine Sabuni: I am a senior from Khartoum, Sudan, but grew up in the Twin Cities, Minnesota. I'm involved in the Economics Association and the USC Applied Statistics Club. I expect to graduate with my Bachelor's in Economics this December, after which I hope to develop a non-profit delivering seeds to refugee camps in northern Uganda. I am passionate about sub-Saharan African developmental economics and one day hope to pursue a doctorate in the field. ■



Yana Tonezer: I am from Los Angeles, California. I am a progressive degree student, pursuing a Bachelor's degree in Policy, Planning and Development, as well as a Master's degree in Health Administration. I hope to pursue a career in hospital administration once I graduate. ■

USC BOOK CLUB

A compelling book discussion takes place on Oct. 9

On Monday, Oct. 9, USC's Book Club will discuss "Sons and Soldiers: The Untold Story of the Jews Who Escaped the Nazis and Returned with the U.S. Army to Fight Hitler" by Bruce Henderson. This is the true story of the 2,000 "Ritche Boys," who trained at Maryland's Camp Ritche in order to use their knowledge of German culture and language to fight for the U.S. in WWII. Both the war efforts and post war contributions of about a dozen of these men profiled by Henderson.

We will meet from 2 p.m. to 4 p.m. at the URC (room TBD). If you have questions, contact **Beth Shube** at shube@gmail.com. ■

Please welcome our newest Caldwell Scholar



As the 2017 Class Salutatorian from Belmont Senior High School, **Esmeralda Catalina Leon** received honors for her GPA and

participation in Academic Decathlon Speech competitions.

She took college courses at LACC as part of the Upward Bound Program and in the Gear Up 4 LA Mentor program. There, she mentored high school peers on college opportunities. Esmeralda was also a member of USC's Math Engineering Science Achievement program and is pursuing a major in aerospace engineering.

Congratulations to our 2017 Caldwell Neighborhood Scholarship Program recipient. Fight on, Esmeralda! ■

USC University of Southern California

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

OCTOBER:

Tuesday, Oct. 3, 10, 17, 24, and 31

Climate Change Lecture Series; Tuesdays with Dr. Tom Flood
11 a.m. to 1 p.m., URC Fishbowl (see page 3)

Monday, Oct. 9

USC Book Club; 2 p.m. to 4 p.m.; URC (see page 11)

Friday Oct. 13

RFA Distinguished Lecture; 3 p.m. to 5 p.m., Doheny Library
“The Latino Middle and Upper Classes: Mobility, Identities,
Mobilization” (see page 3)

Wednesday, Oct. 18

SRA/RFA Tour of L.A. Times Building (see page 7)

Thursday, Oct. 19

Provost's Faculty Retirement Recognition Luncheon
11:30 a.m. to 2 p.m., Town & Gown

Friday, Oct. 27

Medicare Part D Workshop; 12 p.m. to 1:30 p.m., URC Fishbowl

NOVEMBER:

Thursday, Nov. 2

Tour & Lecture at USC Stevens Neuroimaging and Informatics
Institute, Keck School of Medicine of USC

Sunday, Nov. 5

“Wild Honey” Performance & Reception; 2:30 p.m., Bing Theatre

Tuesday, Nov. 7 and 14

Climate Change Lecture Series; Tuesdays with Dr. Tom Flood
11 a.m. to 1 p.m., URC Fishbowl

Friday, Nov. 10

RFA Distinguished Lecture; 3 p.m. to 5 p.m., Doheny Library
“Media in the Age of Trump; Trump in the Age of Media”

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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, Dec. 8

12th Annual Staff Retiree
Holiday Breakfast
8:30 a.m. to 1 p.m., Town & Gown

Friday, Jan. 5

2nd Annual Interprofessional
Healthcare Symposium
9:30 a.m. to 1:30 p.m.
McGibbens Hall (MCH),
USC Health Sciences Campus
bit.ly/HealthSymposium