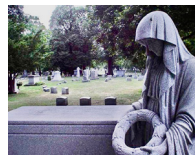




Meet Member Nancy Abraham | **Pg. 6**



Virtually Travel to Milwaukee | **Pg. 10**



UWRA Donors Help Feed Students | **Pg. 3**



We're On Facebook! UWRA-Madison



THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

FINANCIAL MATTERS AND ELECTRONIC TECHNOLOGY WEBINAR

Safeguard Your Personal Information, Spot Scams

BY MILLARD SUSMAN AND KATHY CHRISTOFF, MEMBERS, COMMITTEES ON FINANCIAL MATTERS IN RETIREMENT AND ON ELECTRONIC TECHNOLOGY

Identity thieves and scammers work continuously on inventing new and more powerful ways to steal our money. To get an update on the state of the art of thievery, please attend the webinar "Identity Theft: Protect and Prevent" that will be presented by Jeff Kersten and Francesca Johnson. They will explain the different types of identity theft, how to recognize it, and how to prevent it—including information about fraud alerts and security freezes. Receive tips for safeguarding personal information and how to spot the red flags of a scam. Note that this webinar will not be recorded. ■

If you have preliminary questions for the speakers, please email them in advance to program coordinators Millard Susman at msusman@wisc.edu, Kay Reuter-Krohn at kreuterkrohn@gmail.com, or Tim Norris at tim.norris@wisc.edu by January 6.

Food Pantry Contributions



Checks payable to UW Foundation, with "Open Seat" on the memo line. Mail donations to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.



Jeff Kersten and Francesca Johnson are agency liaisons for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection. In that role, they educate the public, businesses, and law enforcement about privacy protection and data security. Kersten has more than 12 years of experience as a police officer and is a former investigator for the Bureau of Consumer Protection. Johnson has more than 12 years of state service in unemployment compensation, fraud investigations, and adult education.

**IDENTITY THEFT
Protect and Prevent**

Wednesday, January 13, 2021

10:00 A.M.–NOON

Online Webinar

Registration Deadline: January 8

Advance registration is required. Register online at:

UWRAmadison.org/event-4046587

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.

FROM THE EXECUTIVE DIRECTOR'S DESK

Better because of the Worst

BY SANDI HAASE



With 2020 in the past, and as we begin this new year, it is time to reflect and look to the future.

I want to share something I recently read by Laura Kelly Fanucci. I echo her thoughts.

When this is over,
May we never take for granted
A handshake with a stranger,
Full shelves at the store, conversations with neighbors,
A crowded theatre, a Friday night out.
The taste of communion, a routine checkup,
A school rush each morning,
Coffee with a friend, a stadium roaring,
Each deep breath, a boring Tuesday, life itself.

When this ends,
May we find that we have become more like
The people we wanted to be,
We were called to be, we hoped to be.
And may we stay that way—
Better for each other because of the worst.

From my home to yours . . . may 2021 bring a smile to your face, peace to your soul, and happiness to your life. Here's to 2021! ■



New ON THE WEBSITE UWRAmadison.org

2019–20 Activities in Review

2019–20 Annual Reports/Attendance Statistics

COVID-19 Challenges with County & City Leaders

- Video, PowerPoint, Handouts

Health of the U.S. Economy

- Video, PowerPoint

Operating Procedures, Appendix M

EAST–WEST BREAKFAST

Thursday, January 14, 2020

9:00–10:00 A.M.

Online Meeting

Registration Deadline: January 11

Advance registration is required. Register online at:
UWRAmadison.org/event-4085570

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.

Your Opportunity to Be a Part of the Future of UWRA

BY MARY CZYNSZAK-LYNE, NOMINATING COMMITTEE CHAIR

About this time every year, the UWRA nominating committee gathers to develop a slate of UWRA members to serve as officers and board members for three-year terms. Then, at the annual meeting (usually held in May or June), the committee offers a slate of candidates for president-elect (this year from the university staff), and three board members (one each from retired faculty, academic staff, and university staff).

So, what does serving on the Board entail? What are the duties, responsibilities, and time commitment? The Board meets for two hours monthly from September through June. Additionally, Board members are each asked to serve as a liaison to one UWRA committee. Depending upon the committee, a Board member attends one committee meeting for one-and-a-half to two hours monthly. Currently, all meetings are being held virtually. For more details, read the Operating Procedures, Appendix M (UWRA member duties, rights, responsibilities, and expectations) on the UWRA website.

Are you interested in being a part of UWRA's future? Do you know someone who would be an asset to the Board? Also, please take a moment to seriously consider nominating yourself. Send names of nominees to the Association office (retireasn@mailplus.wisc.edu) by Friday, February 4. Contact the Association office if you need more information or have questions. ■

FOOD PANTRY DONATIONS

Your Generosity Makes a Difference for UW Students



Photo by Jeff Miller, UW-Madison

In the midst of the COVID-19 pandemic, Thanksgiving celebrations changed for many students, especially for those who chose to remain on campus instead of traveling home. Many students suffer from food insecurities and continue to face economic hardship due to reductions in job hours. Open Seat, the on-campus food pantry, was able to help. Almost 100 people signed up for boxes, serving 270 individuals. A total of 483 individual recipe bags were prepared.

Thank you to all the members who have made a donation to the Open Seat Food Pantry, UWRA's 2020-2022 selected pantry. Your donations have made a difference. A recent *Inside UW* article documented the ways that donations to Open Seat helped brighten students' Thanksgiving celebrations. Read more at news.wisc.edu/open-seat-helps-brighten-students-pandemic-thanksgiving/ ■



Missing that Campus Connection?

Looking for an easy way to stay connected to what's happening on campus? Do you miss reading *Wisconsin Week*, *Inside UW*, or *Working on Campus*? As a retiree you can still keep informed. Subscribe to emailed newsletters at news.wisc.edu/category/campus-news/ ■

VOLUNTEERING WITH RSVP

Volunteers Needed for Driving or Handiwork

Deliver Groceries to Madison Area Older Adults

The Food Bridge program needs volunteers to shop for food pantry groceries and deliver them to low-income, homebound older adults living in Madison and Monona. Food Bridge is a NewBridge program in partnership with The River Food Pantry and RSVP (Retired and Senior Volunteer Program) of Dane County. Food Bridge volunteers are paired with seniors to deliver groceries to them on a monthly basis. Participating seniors have been identified as those who are affected by food insecurity.



...where volunteers make a difference

According to NewBridge, more than 2500 older adults in Madison and Monona are at nutritional risk and/or qualify for FoodShare. This number is rising. Mileage reimbursement is available to Food Bridge volunteers at 57.5 cents per mile. There are currently seniors waiting to be matched with volunteers. If you are interested in learning more, contact Mary Schmelzer at 441-7896 or mschmelzer@rsvpdane.org, or David Wilson at 512-0000 x 2006 or DavidW@newbridgemadison.org.

Sew, Knit, or Crochet

As an RSVP Group Projects/Homeworker volunteer, you can make quilts, hats, mittens, scarves, shawls, fidget blankets, masks, and other items that help children, families, and adults in need! Volunteers are unable to meet in groups during the pandemic but can make these items at home. There is still a strong need for these handcrafted creations in Dane County. Supplies can be dropped off and finished items picked up, if needed. Contact Kate Seal, RSVP Group Projects Coordinator at kseal@rsvpdane.org or 608-310-7280. ■

Visit www.rsvpdane.org to learn more about the Retired and Senior Volunteer Program.

MEET A UWRA BOARD MEMBER

New on Board: Tom Broman

For me, retirement has featured a return to experiences I had growing up many years ago. I was born in Evanston, Illinois, but my family moved to McHenry, Illinois when I was 12. Although McHenry is now just another suburb in the outer belt of the Chicago metropolitan area, back in 1966 it was mostly a farming town. During the six years I lived there, I joined 4-H, raised chickens and a beef heifer, and generally had experiences very unlike what I would have had in Evanston.

In college I majored in biology and chemistry, intending to go to medical school. As I approached my senior year of college, my interest in medicine waned, and instead I began graduate school in the Department of Agronomy at the University of Illinois, intending to earn a Ph.D. and see the world while doing development work in agriculture. However, I found that my dissertation research in plant cell physiology was not terribly exciting—not to me, anyway. I made a rather dramatic switch, to study the history of science at Princeton University, prompted by an interest in philosophy that I had developed as an undergraduate. I earned my Ph.D. in history in 1987 and, after spending one year as an instructor at Michigan State, I spent the rest of my working career at UW–Madison. It was as rewarding an experience as I could have hoped for.

As much as I love teaching and the UW, as I grew older, I held on to the wish to get back in touch with my rural and agricultural roots. When I retired in 2017, my wife Lynn (also a UW–Madison professor) and I moved out to Barneveld, where we found a wonderful piece of property with a beautiful restored prairie and enough space for me to become a shepherd. For the past two years I have been the proud owner of five Cotswold ewes, who this past spring gave birth to seven lambs. Every step along the way has been an interesting learning experience. ■



Tom Broman and his Cotswold ewes

Two New Oral History Projects at the UW–Madison Archives

BY TROY REEVES, HEAD, ORAL HISTORY PROGRAM, UNIVERSITY OF WISCONSIN–MADISON

The Oral History Program (OHP) at the UW–Madison Archives recently concluded two oral history projects. One documented the stories of 21 nurses trained from the late 1940s through the early 1980s at Madison General Hospital, when it was located on the UW campus.

The second project created an overview of the recent restructuring of the UW System through the stories of 25 people directly impacted by it. The OHP crafted a webpage for each project and worked with the UW–Madison Libraries to pen a press release about each. To access either project or the links to the news articles, visit the Archives' Exhibits web page at library.wisc.edu/archives/exhibits/. Or, for more information about these projects or about the OHP, contact Troy Reeves at troy.reeves@wisc.edu. ■

Reeves was a featured speaker to UWRA members on October 23, 2018, presenting "How to capture and keep your best story at any age." The video and handouts are posted on the UWRA website under (Resources / Presentation / FY 2018–19).

DID YOU KNOW?

Navigating the UWRA Website

BY SANDI HAASE, UWRA EXECUTIVE DIRECTOR

The events calendar on the UWRA website is parsed into different categories of events. You can view all events in either a calendar view or list view. Or, you can look at only one category, such as trips or social events, committee meetings, or university-sponsored activities. ■

 **SAVE THESE DATES**

WEBINAR ON EQUITY IN PANDEMIC SCHOOLING
Tuesday, February 9, 2021

Join UW professors Erica Turner and Gloria Ladson Billings (emerita) and the superintendent of the Madison Metropolitan School District, Carleton Jenkins, as they discuss the impact of COVID-19 on the school system and the community as a whole. Mark your calendars for 10:00 A.M.–NOON, Tuesday, February 9, 2021.

Registration information is available at UWRAmadison.org/event-4055915. More details will appear in the February *Sifter*.

WEBINAR ON SUSTAINABLE INVESTING
Wednesday, February 17, 2021

There are dimensions to investment that rarely come up in seminars on financial planning. Tom Eggert, a member of the Committee on Financial Matters in Retirement, will discuss the ethical, societal, and political implications of financial investment. Mark your calendars for 10:00 A.M.–NOON, Wednesday, February 17, 2021.

Registration information is available at UWRAmadison.org/event-4074072. More details will appear in the February *Sifter*.

REFLECTIONS

Burn That 2020 Calendar!

BY MARY BARNARD RAY

This New Year’s Day is definitely one to celebrate; it’s an end to a year we will never forget. What amazed me most about the year was that news about a record season for hurricanes, forest fires, and Arctic ice melting was often pushed to the second page. That is a bad news year!

There was a small upside to the year, however. Rather than grieving over the loss of long afternoon light, I found myself breathing a sigh of relief as winter approached, because the cold would bring a pause, at least, to the hurricanes and fires. Politics and COVID-19 may not leave the front page for a while, but at least there are glimmers of a light at the end of those twin tunnels. And, even though the change to a new year is an arbitrary construction, I looked forward to getting to the end of 2020 and getting a new, clean calendar.



Perhaps the best that can be said for 2020 is that it will likely give us some new slang. When we try to console someone about a bad time, we may find ourselves saying, “at least it’s not 2020.” The phrase “2020 hindsight” may take on a new meaning. “What a 2020!” may replace some expletives when we need to express disgust. I have one friend who is refusing to count her birthday in that year because the year was not worth counting. Perhaps the most graphic summary of 2020 that I have seen was the year written with the first zero being twice as tall as the other numbers. You might have to draw it to see the point.

It is finally 2021! Burn that 2020 calendar and dance like no one is watching (because no one is). At last we can sing to 2020: “nah, nah, nah, nah—nah, nah, nah, nah—hey, hey, hey—goodbye!” ■

MEET A UWRA MEMBER

Administration, then Advocacy for the Mentally Ill

BY NANCY ABRAHAM, UWRA MEMBER

I grew up in and around Sheboygan, Wisconsin, graduating from Central High School. My first job was at eight years old picking beans for two cents a pound. By high school, ten of us rural teenagers—four girls and six boys—served as field bosses for up to 400 kids a day, who were brought in from the city in buses and open-bed trucks. Those summers provided my first administrative and supervisory experience, since we were it—no older adults on hand!

I have been retired for 30 years. The last 21 years on campus I spent in the Division of Summer Sessions and Intercollege Programs, as it was then called. This included such diverse projects/programs as the Campus Bicentennial Office (1976) and development of the year-round Office for Special Students, followed by the Guest Student Auditing Program and the development of PLATO (Participatory Learning and Teaching Organization).

I am a UWRA charter member. After retirement, I missed interaction with many campus colleagues, but kept somewhat in touch through UWRA luncheons and programs.

Though I retired early because of my son's mental illness, Dylan and I continued to advocate and educate about the disorders and the resulting impact on individuals and families. I also helped him, through Abraham Publishers (which meant me), to produce nine books/booklets that Dylan was able to sell at conferences, workshops, etc.

Just this year, on September 24, 2020, in a virtual setting, I was one of five persons to receive the Jacqueline Kennedy Onassis Award from the Jefferson Awards Foundation. I received the award because of my volunteer work over 43 years as a founding

member and president of the National Alliance of Mental Illness (NAMI-WI), along with considerable work on committees and task forces, advocacy, and education. There are now more than one thousand NAMI



affiliates around the country, reaching millions of people. NAMI provides support programs, community education, and advocacy for increased funding and better access to quality mental health services. Usually, Jefferson Award recipients travel to Washington with the event taking place in the U.S. Supreme Court Building, but not this year, because of COVID-19. To learn more about the journey, visit bit.ly/3lvX0cA.

Now, the activities important to me that keep me busy are Tai Chi, flower gardening, bus trips, getting together with family and friends, and projects for my service clubs and church. ■

NOVEMBER 1–30, 2020

NEW MEMBERS

| | |
|------------------|------------------|
| Michele Besant | Randall Raasch |
| Dorothy Brar | Vickie Rains |
| Gurdip Brar | Kathleen Roushar |
| Michael Flaherty | William Scheibel |
| Thomas Haagensen | Pamela Scheibel |
| Robin Moskowitz | Julie Underwood |
| Diane Norman | Timothy Yoshino |
| Debra Raasch | |

{ The UWRA is your network in retirement! }

SPECIAL INTEREST GROUPS

You Asked for Them— Let’s Make Them Happen

BY MARY BETH PLANE, MEMBER, UWRA STRATEGIC FRAMEWORK SURVEY TEAM

Many of our UWRA members—hundreds in fact—indicated on the recent membership survey that they would be interested in participating in special interest groups in addition to the usual programs we have sponsored in the past. Many of these activities can be initiated before we all emerge from our COVID-19 hibernation. The six most popular activities include the following, any of which can be done now with a little organization and planning.

| Topic | Interested Members |
|---------------------------|---------------------------|
| Walking or Hiking | 197 |
| Travel Discussion | 174 |
| Book Discussion | 162 |
| Current Events Discussion | 126 |
| Genealogy | 113 |
| Environmental Issues | 110 |

Other popular activities include social justice (72), writing (49), memoirs (39), and knitting or crocheting (46). The interest expressed in these activities could support one or more special interest groups. The UWRA will facilitate these activities by listing meetings on our website and in *The Sifter*. However, leaders or co-leaders will be needed to start a group.

Please send your email and phone number to Mary Czyszczak Lyne at mary.czyszczaklyne@wisc.edu if you are interested in participating in, or potentially leading, a particular group. If you are interested in a book group, indicate the type of group, e.g., mystery, fiction, non-fiction, or other genres. If your interest is walking/hiking, indicate gentle, medium, or vigorous. We will provide those who agree to lead a group with information to connect with those who have similar interests. Each group can then decide where and when to meet, whether that is online or at a walking trail. We hope you choose to enjoy some of these activities. ■

NEW ACTIVITIES IN RETIREMENT

Wisconsin Master Naturalists

BY SHEILA LEARY, UWRA MEMBER & SIFTER EDITOR



As I prepared to retire in 2018, I discovered the perfect new activity for me: I became a certified Wisconsin Master Naturalist. The training is 40 hours of classes and field trips offering an overview of natural resources, ecological processes, and conservation issues. The course is offered across the state through partner organizations. Continued certification requires at least eight hours of further training and forty hours volunteering per year, doing citizen science, education, or stewardship activities. The Master Naturalist program is coordinated by UW Extension (wimasternaturalist.org) and recently won a national award for excellence.

I have gathered seeds in a remnant prairie for Groundswell Conservancy and surveyed aquatic invasive species for the Wisconsin River Alliance. My main volunteer activities, however, have been with the Friends of Cherokee Marsh (FOCM), where I have applied skills from my former career in marketing and publishing at the University of Wisconsin Press. I now serve on the FOCM board of directors. I’ve organized and publicized events, led nature walks, recruited volunteers, and created videos, presentations, a tabletop display, social media posts, and other communications. I’ve also pulled plenty of garlic mustard!

Like many Master Naturalists, I have no degree in environmental sciences but rather a lifelong interest in the natural world. The Master Naturalist program has deepened my experience of lifelong learning. And, after many decades in a desk job, I have loved spending much more time outdoors in all seasons of the year. ■

WEBINAR RECAP

Well-being Is a Skill: Lessons for the Current Pandemic

BY WENDY WAY, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

On November 18, Richard Davidson, Vilas Distinguished Professor of Psychology and Psychiatry at UW–Madison and founder and director of the UW–Madison Center for Healthy Minds, offered members some wonderful insight and practical strategies for maintaining and improving personal well-being during the current pandemic. He argued that mental well-being is a skill, not unlike other skills. If you practice, you'll get better, like playing a musical instrument. This is something very simple, but radical.

If you practice, you'll get better

Davidson described two ideas of modern science that serve as a foundation for viewing well-being as a learned skill: neural plasticity (how the brain changes in response to experience) and epigenetics (the science of how one's genes are regulated). He also outlined four specific pillars of well-being that exhibit plasticity and that can be nurtured through simple mental exercise: awareness, connection, insight, and purpose. The UW–Madison Healthy Minds Innovation Center has developed a downloadable app for mindfulness practice based on these pillars—and it is free for the asking!

A video of Dr. Davidson's presentation is viewable by members on the UWRA website under Resources/Presentations/2020 (Sep–Dec). At the end of the session, Dr. Davidson describes how to access the mindfulness app and mentions additional resources for further learning.

The Healthy Minds Program App

Developed at the UW–Madison Healthy Minds Innovation Center, the app includes mindfulness practices, lessons, and an assessment tool to measure changes in well-being. It is available for free

download at hminnovations.org/meditation-app

TED Talk by Richard Davidson

This presentation focuses on how mindfulness changes the emotional life of our brains. It can be found at bit.ly/36uEHjz

Research on Cultivating Well-Being through Mental Exercise

Research in this area is extensive and on-going through the Center for Healthy Minds at the UW–Madison. A description of the research program, published papers, and tools for researchers can be accessed through the "Science" tab at the top of the Center's website at centerhealthyminds.org

Kindness Curriculum Studies

Kindness Curriculum Studies have shown that during the COVID-19 pandemic, both children and parents are experiencing more mental health symptoms and more stress than they had before. How do we support the well-being of children during challenging times? Six ways parents and caregivers can help children be more resilient throughout the pandemic can be found in the Kindness Curriculum Study with Pre-Kindergarten Students at centerhealthyminds.org. ■

November 2, 2020

Members of the University of Wisconsin-Madison Retirement Association

Thank you very much for your donation to the Student Food Bank Fund as a memorial to Chere Campbell Gibson. Chere enjoyed her work with the Retirement Association, and your memorial donation would have been in keeping with her wishes.

Sincerely,

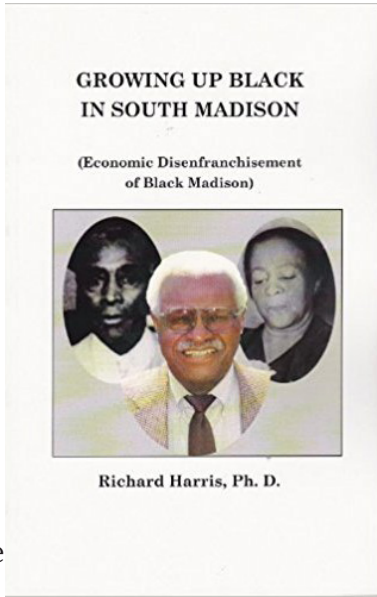
Terry L. Gibson

BOOK MARKS

Growing Up Black in South Madison

BY FAISAL A. KAUD, UWRA MEMBER

When I was recruited to Madison in the late 1960s, I was informed that the city of Madison was a progressive community with good schools, a major university with great research, a medical school, a major medical center, and world-renowned researchers. I was convinced that Madison was a good city to raise a family until I be-



came aware of the economic disenfranchisement of Blacks in Madison. Richard Harris Ph.D. tells in his book, *Growing Up Black in South Madison* (RoyTek, 2012), how in grade school Black boys were told by their parents not to associate with white girls and boys but to stay with their own friends. African American women were not allowed to try on clothes in department stores.

When the Madison Redevelopment Authority (MRA) decided to transform the Triangle neighborhood in the 1960s through “urban renewal,” Triangle business owners and residents—many of them African American—were not invited to participate in hearings. The MRA gave the Triangle occupants short notice to relocate, and the residents and business owners experienced discrimination while searching for places to live and work in other neighborhoods and communities. In addition, realtors and developers put pressure on the Board of Education (BoE) to close older schools in central and south Madison. The Office of Civil Rights in Chicago found that the Madison BoE was in violation of the law: guilty of racial discrimination in employment and in treatment of Black students.

Madison’s African American community faced discrimination in schools, housing, employment, and exploitative lending practices. The Black Lives Matter Movement has brought to light unfortunate truths about systemic racism, injustice, and racial discrimination in employment, housing, treatment, opportunities, and other aspects of the lives of African American citizens in Madison.

This book may be difficult to find in bookstores but is available from the Madison Public Library.

About the Author Richard Harris was born in Madison in 1937, grew up in South Madison, and attended Madison public schools. He graduated from UW–Madison in 1961 with a BS in social work, then earned an MS in social work from the University of Illinois–Chicago and later a Ph.D. in Educational Administration from UW–Madison. In his book, he notes that after his graduation he was turned down for jobs by two local governmental agencies and by the University of Wisconsin. He had to find work in Chicago.

Watch a video interview with Dr. Richard Harris by Dr. Alex Gee at www.youtube.com/watch?v=LtS-JH-YHR_U ■

Please email book reviews for the Book Marks column to column coordinator Laurie Mayberry at laurie.mayberry@wisc.edu.

Diversity Forum 2020

Videos Are Now Available

This year’s Diversity Forum explored a convergence of issues from racial equity and social justice to health care disparities and COVID-19’s impact on marginalized communities.

Watch (or re-watch) sessions from the two-day conference now at diversity.wisc.edu/diversity-forum-2020-resources/.

VIRTUAL TRAVEL AROUND WISCONSIN

Highlights of Historic Milwaukee and Beyond

BY TED COLLINS, MEMBER, TRAVEL COMMITTEE



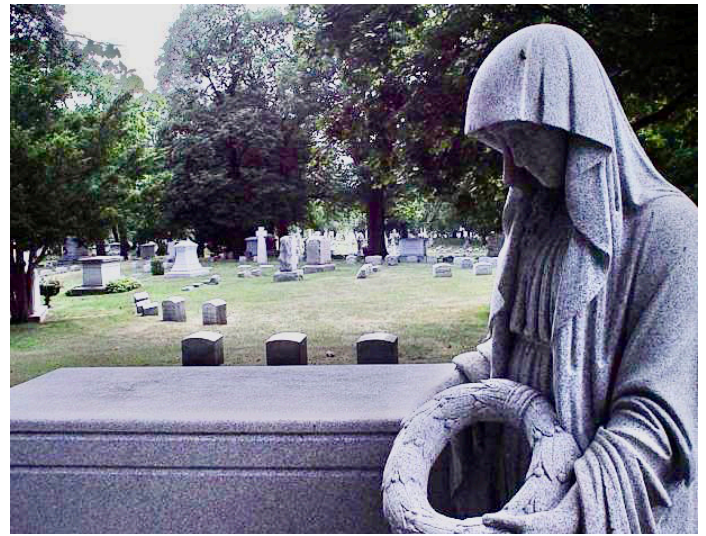
This is the last installment of Virtual Travel around Wisconsin. We hope that you enjoy the tales of our guide, Milwaukee historian John Gurda, in a virtual trip

through historic locales in Milwaukee and beyond.

While Milwaukee was famous for German breweries, it was also home to German tanneries, which were the largest in the world. The largest were Pfister and Vogel, located in Walker's Point. We will also visit the Milwaukee River and the Forest Home Cemetery, the final resting place of many of the city's immigrant pioneers, including the Blatz, Schlitz, and Pabst families. South of Milwaukee is the city of Greendale, one of three planned communities in the U.S. A visit to the Veterans Hospital complex in Milwaukee rounds out trip to Wisconsin's Cream City.

Also highlighted in this video tour are the H.H. Bennett studio in Wisconsin Dells, the city of Port Washington, and the Wisconsin Historical Society in Madison.

Start your trip at video.milwaukeepbs.org/video/season-2-john-gurda-special-1a6jxc/ ■



Forest Home Cemetery, Milwaukee



Milwaukee River and City Skyline



Walker's Point Neighborhood, Milwaukee



H.H. Bennett Studio, Wisconsin Dells

FROM THE EDITOR'S DESK

A Trip to the Emergency Room

BY SHEILA LEARY, SIFTER EDITOR

One evening in December, I had to visit the emergency room for what I suspected was a kidney infection. My temperature had spiked to 102° in the late afternoon, so there was always the possibility that I had somehow, despite all precautions, contracted COVID-19. Tests at the hospital found that I was negative for COVID (whew!), but I definitely had the kidney infection.

The hospital nearest my home is UW Health at the American Center, between Madison and Sun Prairie. Visiting an ER during a pandemic is nerve-racking, but I knew that the American Center hospital had opened fairly recently (2015) with state-of-the-art care facilities. I bore in mind the remarks by UW Hospitals physician Dr. Dennis Maki in his fall 2020 webinar presentation to UWRA members—that a well-run hospital is one of the cleanest, safest, best-ventilated places you can be. I was grateful, too, that this ER had open beds.

My admission was quick and efficient. The care team of nurses, physician's assistant, physician, CT scan technician, and pharmacist were personable, informative, and wearing PPE. The test results were prompt. I could hear the ceiling ventilation drawing air upward from the room. I felt safe. ■



Thank You for Being Our Partners in Giving

BY GIANNA TAYLOR, PARTNERS IN GIVING UNIVERSITY COMBINED COMMITTEE

As we say goodbye to 2020, the Partners in Giving campaign would like to thank the UWRA community for its generosity during a very difficult year. We have been overjoyed by the many UW retirees who have graciously donated so far, and we're grateful that retirees continue to join together with the UW-Madison community to make an impact locally and around the world. It is amazing how many of you have been giving for as long as the campaign has been in existence—almost 50 years!

If you have not yet given this year, we invite you to visit giving.wi.gov/ to view the available charities and donate online. To view all options for giving, visit giving.wi.gov/about-us/2020-options-for-giving/. Contributions are welcomed through May 15, 2021.

Again, we thank you for your generous support of this year's Partners in Giving campaign and wish you and your families a very happy new year. ■

■ UW-Madison Retirement Association Calendar Dates ■

Continue to monitor the UWRAmadison.org website for further updates.

- Wednesday, January 13 10:00 A.M.–NOON *Identity Theft* with Jeff Kersten
- Thursday, January 14 9:00–10:00 A.M. East-West Virtual Breakfast
- Tuesday, February 9 10:00 A.M.-NOON *Equity in Pandemic Schooling* with Erica Turner, Gloria Ladson Billings, and Carleton Jenkins
- Wednesday, February 17 10:00 A.M.–NOON *Sustainable, Responsible, and Impact Investing* with Tom Eggert

For information on upcoming PLATO trips, visit platomadison.org/page-18561.
For information on Board and Committee meetings and deadlines for **The Sifter**, see the UWRA website at UWRAmadison.org.

THE SIFTER

UWRAmadison.org

UW–Madison Retirement Association

c/o Division of Continuing Studies
21 North Park Street, Room 7205
Madison, WI 53715-1218

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COLUMNIST • Mary Barnard Ray

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Meet a Member • Deb Lauder

New Activities in Retirement • Bob Jokisch

Book Marks • Laurie Mayberry

UW–MADISON RETIREMENT ASSOCIATION

Website: UWRAmadison.org

Phone: 608-262-0641

Email: retireassn@mailplus.wisc.edu

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