

ASURA President's Message

submitted by Will Stasi, ASURA President, 2022-2023

Someone asked me if I wanted to be the next president of ASURA. I said OK, what do I have to do --- sign a few papers and give away the pens? Wave to the crowds and shake a lot of hands? Photo opts, once-in-awhile?

No! No! It is kind of like driving a school bus ... you just need to steer ASURA in the right direction. But I have never driven a school bus before, I said. That's OK, we will teach you. But being there's a shortage of school buses like everything else, it was just a simulator at a desk.

I need some special concessions like a driver's area enclosed with one-way glass so no kids can sneeze or cough on me. Then, I will need headphones to drown out the screaming and sniveling. Considered, but no promises, they said.

Hop aboard with me as I drive the bus. I understand that the most important things are the engine, fuel, wheels, and the sagacious people on the bus. Hopefully, I drive slowly over the speed bumps and around the corners while providing you a smooth ride. The best part is that once-in-awhile, I get to toot the horn. We hope you all get onboard and participate in the many events we are planning for you in the coming year.

The engine, fuel, wheels, and people are the volunteers, office staff, committee chairs and members, Board members, Government and Health Insurance Liaisons, and the Community outreach individuals. This makes and sustains the organization over the years. The ASURA website and *Prime Times* keeps the members in tune with "Who's on First and What's on Second".

I might suggest more individuals get involved to bring new young blood into the organization but then was reminded that this is a "Retiree's organization". We are all middle aged to older. The opportunity to become active in retirement is finding new activities to keep the mind and body engaged. Being a member on a committee does not require a lot of time. It will enable you to meet new individuals or work with others you knew during your working days. I encourage all of you to get involved and become more active in ASURA.

I am a one term President not seeking re-election like John Adams, James Garfield, William Harrison, Herbert Hoover, John Kennedy, Gerald Ford, George H.W. Bush, Jimmy Carter, and Donald Trump. I understand some did not have a choice. Let me know your area of interest and I will connect you with a mentor. Please email me at wstasi@asu.edu.



Currently, ASURA has some open positions. The pay is not very good, but the benefits are great! Our updated website shows the duties of all ASURA volunteers. You do not need a PhD, only a desire and the motivation to keep busy during retirement. If this organization is to sustain itself, it needs new individuals to carry the baton. Some volunteers have been doing this job for many, many years and want a break. They are here to help and guide new individuals to fill the positions. A reason for a committee is to share the duties. Following are current openings within ASURA:

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- Vice President (Hiring Bonus)
- Chair, Government Legislature Liaison Committee
- Chair, Membership Committee
- Office staff

We were recently made aware of the passing of two colleagues who volunteered many hours and years to ASURA ... Alan Johnson (Government Liaison) and Joan Leard (Adopt-a-Family). Both helped to make ASURA the great organization it is today. ASURA will miss these individuals and their many contributions.

It's Time to Renew Your ASURA Membership!

Current ASURA members were recently mailed or emailed information on renewing their ASURA membership. Information on how to pay via mail or on-line can be found at the following website: "<https://asura.asu.edu/renew-membership>"

To join ASURA for the first time, please visit "<https://asura.asu.edu/how-join>". Introductory membership is **FREE!**

Welcome New ASURA Members

Adler, Patricia	Escudero, Juan	Lam, Lap-Pun	Pierce, Kimberly	Sander, Richard
Aguilar, Kathleen	Faris, Kay	Mabee, Stephanie	Pina, Frank	Schramm, Amy
Anderson, Lain	Fiedler, Daniel	Malekooti, Stacie	Pittman, Andrea	Smith, Sandra
Barnes, Joan	Guitierrez, Xavier	Maley, Sherri	Rangel Sostmann, Rafael	Smith, Deborah
Barron, Jeanne	Hagerman, Karen	Marquez, Elizabeth	Ray, Paula	Sotelo, Jesus
Bryan, Shawn	Harrison, Caroline	Marshall, Earla	Reed, Thearle	Thart, Catherine
Buck, Kevin	Hunting, Daniel	McAdams, Christopher	Reents, Lori	Thiede, Cynthia
Bueker, John	Hutchins, Jana	Metzger, Joseph	Relph, Deborah	Tibbetts, Cheryl
Canales, Sarah	Jewett, Shay	Myers, Sylvia	Riter, Kathlene	Totlis, John
Creer, John	Jones, Sarah	Noldy, Cynthia	Robbins, Lisa	Tucker, Kathleen
Dallett, Nancy	Kodis, Gerdenis	Oros, Veronica	Robson, Robert	Turner, Charli
Dickson, Nancy	Kolisar, Denise	Orr, William	Rodriquez, Irene	Valdenegro, Joanne
Draper, Kathryn	Kong, Angela	Phillips, John	Rush, James	Wales, Anna
Ellis, Cookie	Kovara, Mark			Yeager, Cynthia

Volunteers Needed

1. **Vice President, ASURA Executive Board:**
Contact - Will Stasi, William.Stasi@asu.edu

2. **Chair, Membership Committee:**
Contact - Will Stasi, William.Stasi@asu.edu

3. **Chair, Government Liaisons:**
Contact - Will Stasi, William.Stasi@asu.edu

4. **Technology/Website Committee:**
Help maintain ASURA's technology infrastructure.
Contact - Connie McNeill,
connie.mcneill@outlook.com

5. **Video History Project:**
Volunteers needed to view collection interviews, then update with abstracts, table of contents, etc.
Contact - Barry McNeill,
barry_mcneill@outlook.com

6. **Office staff/substitutes:**
Volunteers needed to work one, three-hour shift per week beginning September, 2022.
Contact - Linda Van Scoy, lvs@asu.edu or
Nancy Lesko, nclesko@asu.edu.



ASURA Executive Board



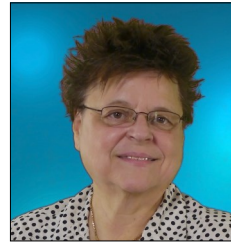
President
Will Stasi



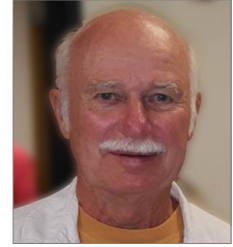
Past President
Tara Roesler



Vice President
to be determined



Secretary
Patricia Schneider



Treasurer
Barry McNeill

Board of Directors

**Terms Expire
April 2023**

Kathy Gunn
Mark Henderson
Trudy Perez
Patricia Schneider
Mary Stevens

**Terms Expire
April 2024**

Rojann Alpers
Sue Henderson
Barry McNeill
Helen Ossipov
Tara Roesler

**Terms Expire
April 2025**

Jo Ellen Alberhasky
Beverly Buddee
Partha Dasgupta
Terrie Ekin
Bill Stasi

Board Ex-Officio Members

Alumni Association
Emeritus College Liaison
Human Resources
University Club Liaison
University Liaison
University Senate
University Staff Council

Amy Rosen
Ruth Jones
Lynna Soller
Carl Cross
Kendra Burton
Eduardo Pagan
Carolyn Starr

Committees

Community Outreach

Adopt-A-Family:
Ginny Sylvester

Scholarship:
Jan Shore, Chair
Joy Shearman, Co-chair

Video History Project:
Barry McNeill

Events

Trudy Perez, Coordinator

Seminars:
Patricia Schneider, Chair

Luncheons/Special Events:

Mary Stevens, Chair
Partha DasGupta

**Pre-retirement Seminars,
Co-chairs:**

Trudy Perez,
Liz Badalamenti

Travel:

John Brock, Chair

**Finance/
Fundraising**

Finance:
Barry McNeill

Book Donations:

Mary Stevens

**Government/Health
Insurance Liaison
Councils**

Legislature: Open

**ASRS Retirement and
Health Insurance Liaison:**
Dick Jacob

**ADOA Health Insurance
Liaison:**
Larry Carlson

**Membership/
Communications**

E-News:
Barry McNeill

Membership: Open

Obituaries:
Tara Roesler

Prime Times Newsletter:
Jeannette Robson

Website and Database:
Connie McNeill

Office Volunteers

Office Coordinators: Linda Van Scoy & Nancy Lesko
Business Operations Manager: Carolyn Minner
Technology Manager: Connie McNeill

Phone: 480-965-7668
(please call before visiting the office)

Fax: (480) 965-7807

Subs: Martha Christiansen, Ann Ryan &
Dorothy Meunier

**ASURA Office Hours - Summer 2022
May 31 through August 31**

Monday	9am-noon	Nanci Beardsley
Tuesday	10am-1pm	Nancy Lesko & Linda Van Scoy
Wednesday	10am-1pm	Beverly Buddee/ Tara Roesler
Thursday	10am-1pm	Jeannette Robson
Friday		Closed

ASURA Office Updates ... Summer 2022

submitted by Linda Van Scoy and Nancy Lesko — ASURA Office Coordinators

No need to check the calendar to know it's summer... 100-degree days; the office is only staffed mornings for the summer months; and membership renewals are coming in.

Below is the Office schedule from **May 31 through August 31, 2022:**

- | | | |
|-------------|------------------------------|---------------|
| • Monday | Nanci Beardsley | 9:00-12:00 PM |
| • Tuesday | Nancy Lesko or Linda VanScoy | 10:00-1:00 PM |
| • Wednesday | Bev Buddee or Tara Roesler | 10:00-1:00 PM |
| • Thursday | Jeannette Robson | 10:00-1:00 PM |
| • Friday | CLOSED YEAR ROUND | |

As always, it's best to call first, 480-965-7668, just to be sure a volunteer is there to assist you. If you need someone to help you in the afternoons, for example to drop off book donations, call the office and we can arrange someone to meet you.

We are currently receiving membership renewals and encourage all to complete their forms and mail them in or send in electronically. If you didn't receive an enrollment form or email notice let us know right away and we will get one to you. It's going to be a great year for ASURA with more events returning (information about a Tovrea Castle Tour in the "Events" section) as well as more in-person fun gatherings and interesting seminars. So please join us!



Linda Van Scoy



Nancy Lesko

ASURA Needs Your Old Books!

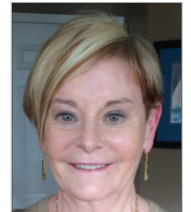
submitted by Mary Stevens — Book Donations

- Are your bookshelves too full?
- Are you downsizing your office or your home and don't have space for all of your books?

Donate your used books to us, and we will work with our partner, Friends of the Phoenix Public Library, to sell them. We'll use proceeds of the sale to support our programs. Half of the proceeds will be used for our ASURA scholarship that goes to an ASU student, and half will be used for our Video History project. When you drop off your books, the office volunteer will give you a Gift in Kind form to complete and sign. The form is sent to the ASU Foundation, a separate nonprofit organization that exists to support ASU. The Foundation will provide you with a gift receipt for tax purposes.

You may drop off your books at the ASURA Office, Community Services Bldg., 200 E. Curry Road, room 201B, Tempe, AZ, 85281. Please call the office before you come to make sure there is a staff volunteer in the office (480-965-7668).

- For books that are on an ASU campus, ask Facilities Management to pick them up and deliver them to us. To accomplish this, your department assistant can complete and submit a [FACMAN service request](#) on an on-line form. Facilities will schedule a pickup date with the office assistant. Advise the office assistant to provide your name and department to the FACMAN representative who picks up the books.
- **OR** bring your books to [our office](#). We have 2 dollies for your use. Parking is readily available by the building with 3 ramps into the building and 2 elevators to the 2nd floor.



If you are unable to deliver your books to our office, please contact Mary Stevens at (602) 758-3750 or marystevens0@gmail.com or [contact our office](#). Provide your *name, e-mail address* (if you have one), *phone number* and the *approximate number of books* you would like to donate. Mary or another ASURA volunteer will work with you to get the books transferred. Thanks so much for your donation!

2022-2023 ASURA Scholarship Recipient, Sylvia Ceja-Gonzalez

submitted by Joy Shearman

The Scholarship Committee consisted of four retiree volunteers, Co-Chair Jan Shore, and Chair Joy Shearman. A special thank you to these volunteers for their commitment of checking and responding on email for two weeks, Ginny Sylvester, Martha Christiansen, Jan Thompson, and Karen Burstein. You are so appreciated!!

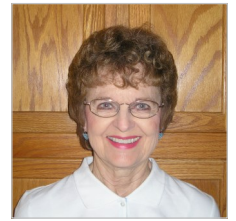
We had ten applicants for the scholarship this year. As it was last year, this whole process was done electronically. Maybe partly due to the Coronavirus, but volunteers are finding it is more convenient and doable to do it this way versus in person. A majority consensus was reached after ten days of reviewing, and we agreed to select Sylvia Ceja-Gonzalez, to be the recipient of the 2022-2023 ASURA Re-entry Scholarship Award of \$10,000, with equal payments to be made at the beginning of each semester.

Ms. Ceja-Gonzalez lives in La Verne, CA, and is pursuing her education online at ASU. After becoming a single mom of three children 20 years into her marriage, she worked as a Paralegal for over 25 years, taking classes when she could. Her children are now working, in college and one has finished her college degree. Now, at 51 years old, it is Sylvia's turn to fulfill her dream. Because she had to wait so long, she is filling her semesters, and fast tracking to ultimately get her Masters in Non-Profit Leadership. She currently is a Legal Case Manager for a non-profit organization called God's Pantry. Sylvia is a strong advocate for providing resources and education to help low-income families provide for themselves, prevent homelessness, and reduce crime.

Sylvia was born in Mexico, where her mom became a single parent of six children when her dad left them and came to the US. When she was eight years old, her dad sent for them, and they all came to the US, where her dad again left them. Life was not easy but because her mom was a strong independent woman ahead of the times, they not only made it, but they thrived. They all worked, learned the language, and became citizens. Among Sylvia's siblings, are a Social Worker, Behavioral Therapist, and an Accountant.

Recommenders commend Sylvia for her perseverance under many difficult situations and setbacks. One said, "Sylvia is a gentle, kind-hearted spirit who works diligently to achieve her goals." Another, "She is an inspiration and will make ASU proud."

When Sylvia was notified by phone that she was chosen to receive ASURA's \$10,000 Scholarship, after words of disbelief, she said, "you have no idea what this means to me. This is life-changing for me!! I am humbled, grateful, and look forward to paying this forward as an ASU Alumni." When she received the official letter, she said, "I immediately showed it to my mother, who is my role model."



ASURA Annual Meeting Minutes, April 19, 2022

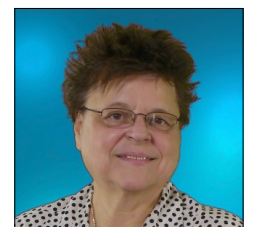
submitted by Patricia Schneider — Secretary, ASURA Executive Board of Directors

The 2022 annual meeting of the ASU Retirees Association was held on Tuesday, April 19, 2022 from 9:30am to 11:00am. Trudy Perez served as the master of ceremony for the event. A video recording of the meeting can be found at <https://asura.asu.edu/april-2022-annual-meeting>.

Barry McNeill started the meeting by presenting the year in review.

Some highlights from his presentation include:

- Annual report
- ASURA office re-opening



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- Government liaison committee recap of the bills being monitored by the committee as well as other events the committee members attended virtually in the past year.
- The Finance committee report indicates that the Association is in good financial health. The Board approved the transfer of \$10,000 from the operations account to the scholarship endowment account to increase the amount currently in that account. The used book sale brought in \$5,000+ for 2021 funds from the book sales to support the scholarship fund and the video history project.
- The obituaries reporting responsibilities transferred to Tara Roesler, from Becky Reiss, who previously managed this effort for over 20 years.
- Membership continues to show a gradual increase.
- Two outdoor social events were held this year: one in December, 2021 and one in March, 2022. It is hoped that the number of in-person social events will increase in the coming year.
- Seminar committee continues to provide interesting and well attended seminars. This year the seminars were opened up to participants from NAU and UArizona.
- Pre-retirement seminars have increased to being held on a monthly basis.
- Two new websites were introduced this past year: (1) a revamp of the main ASURA website and, (2) a new website for volunteers that contains a description of the various positions and committees within ASURA and the responsibilities that go along with them.

Dr. Amanda Burke, Executive Vice President of the Center for the Future of Arizona (CFA) was the guest speaker for the meeting. She provided background on the mission of the CFA. She then went on to discuss the Gallup poll that was held throughout Arizona and the results of that poll which is providing the foundation for a 10-year action agenda. Links to her presentation, the Gallup poll and the action agenda can be found as follows:

- [Dr. Burke's presentation](#)
- [Gallup poll](#)

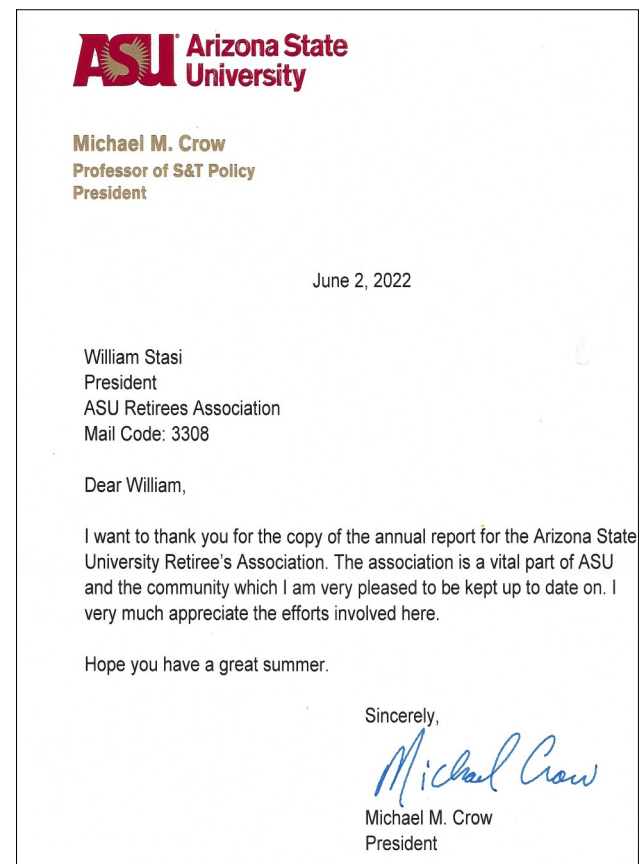
- **Action Agenda:**

Joy Shearman introduced the ASURA scholarship recipient, Brittany Gearhart who thanked the Association and gave a short biography of her life growing up in Mesa to her current role as student and mother.

Carl Cross thanked all the volunteers who worked with the Association over the past year and then transferred the gavel over to Will Stasi, the new ASURA president for 2022-2023. Will introduced the new Board Members — himself, Jo Ellen Alberhasky, Partha Dasgupta, Bev Buddee, and Terrie Ekin.

The meeting concluded with Trudy thanking everyone for attending and inviting us to partake in a virtual piece of carrot cake (carrot cake being the traditional dessert of our in-person annual meetings)!

Below is a “Thank You” letter ASURA recently received from Dr. Crow:



NOTE: All ASURA Annual Reports can be found at <https://asura.asu.edu/annual-reports>.

Government Liaison's Report, Summer 2022

submitted by Jeri Meeks, ASURA Government Liaison

The 55th Legislature – Second Session started on January 10, 2022 and is still going at the end of May! Budget discussions, water conservation initiatives and a flat-tax proposal from the Governor's Office have slowed business down considerably. There have been many bills directly affecting retirees and ASU this year. Let's get a recap of what's happened, and not happened, so far....

ASRS, Health Care and Senior Care Legislation

Governor Ducey has signed several bills into law that could be of interest to us. Here's a quick list of new laws:

- Residential care facilities and nursing homes are now allowed to install electronic monitoring devices in common areas of their buildings.
- The Arizona Board of Nursing Care Institution Administrators and Assisted Living Facility Managers must implement a fingerprint-based national criminal background search for living facility certificate applicants. That said, they have not yet approved HB2049, requiring residential care institution volunteers or contractors to get a fingerprint clearance.
- The Governor has signed a bill modifying the definition of health care provider to include naturopathic and osteopathic physicians for the purposes of health care facility billing, and exempts these physicians from civil liability if something goes terribly wrong as they treat a vulnerable adult who has been endangered or injured by neglect, abuse or exploitation.
- The Governor signed into law a bill that prohibits a government entity from requiring a resident of this state to receive a vaccination for COVID-19 or any variant of COVID-19.
- The Governor has signed SB1083 ASRS; modifications. Per my conversation with Dick Jacob, all changes made were requested by ASRS. Among the 17 provisions in this bill there is this language clarifying that "ASRS must return the principal amount paid by the employee...if the employee transfers out of the system", "removes [the] statute relating to the ability of the ASRS board to make payment to another person in the case of incapacity of a retired member or contingent annuitant" and "eliminates [the] statute relating to the required distribution if there is no designated beneficiary or the member's spouse dies before distributions begin."
- And Governor Ducey has signed a bill amending the caregiver occupancy permissions for an RV rental space to allow a disabled resident to have one or more persons occupy the RV to provide live-in health care without the landlord charging an extra fee for the caregiver occupancy.

University

Although the state of Arizona is flush with cash, budget negotiations are difficult and ongoing. Mid-session, Congress tried to pass a "basic" budget with no new monies, with a promise of more negotiations later, but that didn't fly. So, it's back to the table for the hard conversations. In a Capital Times article, Republican Leader Karen Fann acknowledges that there are Republicans who would never vote for more funding for education beyond current levels, but there are Senators and Representatives like Republican Senator Paul Boyer of Glendale that are convinced there are enough state revenues to sharply increase the dollars going into education.

ASURA continues to support a budget that facilitates ASU's Public Enterprise model and ABOR's New Economy Initiative, whose focus is high value jobs, workforce training and the attraction and retention of leading corporations. As far as legislative actions affecting ASU, an emergency measure signed by the Governor allows a state university, under the jurisdiction of ABOR, to offer pro bono assistance to small landowner claimants without legal representation in the general stream adjudication* of water rights. *General stream adjudications are judicial proceedings to

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determine the extent and priority of all water rights in an entire river system – in this case the Gila River and the Little Colorado River systems.

Regarding bills that are unlikely to move forward this year: the University's bid to create defined contribution plan, UORP (university optional retirement program) stalled, guns on campus was again defeated, the expanded ability for legislators to call for an investigation of any official action taken by ABOR did not move forward and the establishment of a prevention of sexual misconduct on campus task force at universities and community colleges was not realized.

Voting in Arizona

Oh, my goodness – there were so many bills introduced this session affecting voter identification, voters rights, voter registration, election polling places, ballot custody, days and ways to vote, and more! Most did not move forward, but here are some that did:

- A bill prohibiting same day voter registration is sitting on the Governor's desk awaiting his signature.
- An action allowing voters to vote on modifications to voter identification requirements has been transmitted to the Secretary of State for the fall ballot.
- A bill requiring the implementation of a mail in ballot for the visually impaired was signed into law.
- Signed into law is a bill requiring citizenship verification for voter registration applications.
- The Governor approved an order directing the Secretary of State to cancel voter registrations for convicted felons.
- An early ballot on-site tabulation procedures bill was approved by the Governor.
- The election recount margin for candidates or initiative or referendum measures has been redefined as one-half of one percent of the votes cast for both candidates or on measures or proposals.
- Not transmitted to the Governor yet, there is an active bill restricting the use of emergency voting centers.

Arizona seems to be in the national news at least once a week and our election outcomes will be watched closely again. The senate race between democratic leader Mark Kelly and the yet-to-be-defined GOP candidate will impact the makeup of the U.S. Senate. The governor's race will be intensely observed as there will be no incumbent candidate running. Also, Secretary of State, Attorney General and Treasurer races will be interesting to watch as the new administration will undoubtedly bring about new public policies for the state. In addition, there are a significant number of legislative seats that will be up for election. New district boundaries may influence voting outcomes. It is anticipated we will see a higher voter turnout than we normally have in midterm elections. Please stay engaged during this legislative session and use trusted sites such as Arizona Clean Elections for objective facts about elections. Contact your state senator or regularly. Be involved and informed!

Lastly, this is my final report to you as ASURA Lobbyist and Government Liaison! I am now volunteering as a Master Instructor for [Project Archaeology](#), an amazing program bringing inquiry-based archaeology curriculum to 3rd - 5th grade teachers. I have thoroughly enjoyed working with the ASURA Board and my amazing team of Watchdogs — who do herculean work to bring this information to our membership regularly. If you'd like to join this team, please contact President William Stasi. Thank you!

References and Helpful Websites:

Arizona Secretary of State - <https://azsos.gov/elections>
Arizona Clean Elections - <https://www.azcleelections.gov/>
Service Arizona (voter registration) – <https://servicearizona.com/>
Ballot Ready (before you vote information) - <https://www.ballotready.org/>
Arizona Legislator and Bill Search: <https://www.azleg.gov/>
Find my Legislator: <https://www.azleg.gov/findmylegislator/>

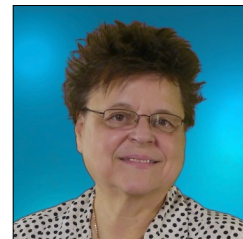


ASURA Seminar Committee Report, Spring 2022

submitted by Patricia Schneider — Chair, ASURA Seminars Committee

February 2022 — An Event that Changed my Family's History

This seminar was an interactive workshop lead by Duane Roen, professor of English and coordinator of the [Project for Writing and Recording Family History](#) in the College of Integrative Sciences and Arts. Duane asked a series of questions (see the workshop handout link) to get the participants thinking about their family stories, and then invited everyone to share these stories. Afterwards, the participants were then asked to spend some time writing more on their stories which were later shared with the rest of the group.



Duane encouraged us all to journal and write down the events in our lives as these become our family history that can be shared for future generations. One participant shared that he had received a one-year subscription to "[Story Worth](#)" from his kids for Christmas that allows them to send him questions on a weekly basis that he responds to — another way to capture your history. Duane also suggested that we look at "[Story Corps](#)", a site that collects people's stories. All in all, many interesting stories were shared and many were inspired to start writing their own history!

A link to the seminar recording as well as any documents provided by the presenters can be found at <https://asura.asu.edu/february-2022-event-changed-my-familys-history>.

March 2022 — Senior Living Options

This seminar was presented by Rita McBride, owner of A Better Solution for Senior Living. For the past 17 years, Rita has concentrated on helping families navigate the different choices available for senior living options. She is dedicated to finding the ideal living solution for every individual.

In her presentation, Rita covered a variety of senior living situations that included the following — (1) independent living, (2) assisted living, (3) memory care, (4) skilled nursing, (5) continuing care retirement communities, (6) group homes, and (7) living in your own home. For each of the situations listed, Rita provided extensive information on what each facility offers, what to expect as a caregiver and resident as well as cost and insurance coverage for each. You can search at the Arizona Department of Health Services to find the report on any given facility in Arizona.

Rita's contact information

Website: <http://www.absforseniorliving.com/index.html>
Phone : (623) 444-5080
Email: ritamcbride12@gmail.com

A link to the recording and seminar slide deck can be found by going to <https://asura.asu.edu/march-2022-senior-living-options>.

May 2022 — How Memory Works - Maintaining Brain/Body Wellness

Dr. Billie Enz, emeritus professor at Arizona State University, presented a very informative seminar on understanding the brain and how to maintain brain memory. During the presentation she touched on [brain basics](#), understanding memory systems, the normal aging brain vs. dementia and maintaining brain health.

Dr. Enz began her presentation by reviewing brain basics. She covered the makeup and function of the hemispheres of the brain, the lobes, and the limbic system. She also discussed brain development.

Next, there was a discussion on the memory systems. Dr. Enz presented detailed information on short term, or our working memory, and long-term memory which is where we store what we have learned or experienced for later recall. She also talked about sensory memory, the type of memory where something is so profound you have a

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reaction that remains in your long-term memory and can be triggered by something that will associate with the original event. Dr. Enz then went on to talk about normal brain aging versus dementia. She reminded us that not all memory loss signifies the onset of dementia, but it's always a good idea to discuss these things with our health care providers.

Dr. Enz ended her presentation by providing some suggestions to help us maintain our brain health, such as diet, physical activity, sleep, etc.

This seminar's video, a copy of the slide deck used in the presentation, and a memory self-test that was provided prior to the seminar can be viewed by visiting <https://asura.asu.edu/may-2022-how-memory-works-maintaining-brainbody-wellness>

ASURA Spring Fling - March 15, 2022

Submitted by Mary Stevens

Many ASURA members ate well and enjoyed our 2nd in-person group event in two-plus years — “The Spring Fling”, on March 15, 2022. This event followed the model of our 1st in-person gathering in a very long time: “The Holiday Picnic in the Park” held on December 9, 2021.

The best part of these events is the chance to see and visit with each other in person and catch up with each other's lives. And the 2nd best part is the food! Potlucks bring out the best dishes, don't they? Our attendees brought delectable appetizers, salads, pastas, entrées and desserts.

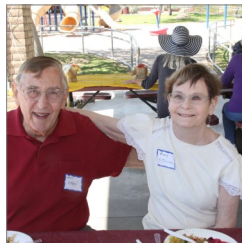
For both events, for a whopping \$25.00, we rented a ramada in Papago Park through the Tempe Westside Multigeneration Center. The ramadas provide plenty of covered seating and shade and there is ample free parking. Barry McNeill graciously wrote and posted three notices for each event to members with great directions and maps to get us there and allow for registration.

For The Spring Fling our events committee consisting of myself, Trudy Perez and Partha Dasgupta made it all happen by providing beverages (Trudy), getting dishes and glassware (Mary), and picking up balloons (Partha). Barry and Connie McNeill arranged for registration and helped with set up and clean-up. Linda Van Scoy and Nancy Lesko provided blank name tags so we could all greet each personally. Elmer Gooding and Barry got lots of great photos, as you can see below and in our [“Photo Gallery”](#).

A special thanks to all 32 attendees for coming, for your terrific food and for making this event so fun and enjoyable. I would also like to thank my Special Events committee and other volunteers who made the Spring Fling 2022 happen!

left to right:

- Will Stasi, Mary Stevens;
- Dona & Carlo Felix;
- Mark Henderson, Barry & Connie McNeill;
- Nancy Lesko, Linda Van Scoy, Kathy Church.



left to right:

- Great friends! Great food!
- Linda Cravens, Kim Sisson;
- Joy Shearman, Barbara Eschbach, Jan Thompson, Linda Cravens;
- Cristina Tillman, Trudy Perez, Terry Brewer.



“Bright Star”, ASU School of Music and Dance - April 22, 2022

submitted by John Brock, ASURA Travel Committee

The evening of April 22, eight persons affiliated with the ASU Retirees Association attended the performance of “Bright Star” at the Evelyn Smith Theatre on the ASU Campus. Bright Star is a musical and, at ASU, it was presented by students from the School of Music and Dance.



The original “Bright Star” was developed by Steve Martin (comedian) with music and lyrics by Edie Brickell. For the ASU presentation, the show was directed by Robert Kolby Harper with music directed by Leia Washotten and Mario Yniquez.

The story is set in the southern part of USA in the 1930’s. I was impressed with the student performers for their dance, singing and acting performances.

There may have been more than eight ASURA members who attended, as the performance was presented on other evenings as well.



ASURA Calendar of Events: Summer and Fall 2022

EVENT	DATE
ASU Pre-Retirement Seminar: <i>TIAA, Fidelity and Nationwide</i>	June 20, 2022 (Monday)
ASU Gammage Events: (https://www.asugammage.com/)	June 2022 - August 2023
ASU Pre-Retirement Seminar: <i>Buck Bandura - Financial Planner</i>	July 18, 2022 (Monday)
ASU Pre-Retirement Seminar: <i>ASRS</i>	August 15, 2022 (Monday)
ASURA Board Meeting: via ZOOM	September 13, 2022 (10:00-11:30am)
Meet & Greet Pizza Party: (Ability 360 , 5025 E. Washington St., Phoenix)	September 14, 2022 (11:00am-1:00pm)
ASU Pre-Retirement Seminar: <i>Social Security</i>	September 19, 2022 (Monday)
ASURA Seminar: <i>2023 Medicare-ADOA-ASRS Open Enrollment</i>	October (date TBD)
ASURA Board Meeting	October 11, 2022 (10:00-11:30am)
Local Travel: Tovrea Castle Tour	October 13, 2022 (Thursday)
ASURA Board Meeting	November 8, 2022 (10:00-11:30am)
Social Event: 2022 Holiday Potluck	December (date TBD)
ASURA Board Meeting	December 13, 2022 (10:00-11:30am)



Please put these dates on your calendars. As the events get closer, additional information will be available on our website, <https://asura.asu.edu> and the monthly E-News and you will be able to register for the events. As we get more into the Summer and Fall and as new events are added, you will be notified by email and updates noted in the monthly E-News blasts.

As a reminder, we are always open to any suggestions from our ASURA members as to what events or travel (local and international) you would like ASURA to consider. Please share your ideas with Trudy Perez, Events Coordinator at trudy.perez@asu.edu.

NOTE: You can always register for ASURA events by calling our office at 480-965-7668. Please check our office hours posted in this Prime Times, at the bottom of page 3. If there is no answer, please leave a message and someone will return your phone call.

Fall 2022 Tovrea Castle Tour

Submitted by John Brock - Chair, ASURA Travel Committee

Location: 5025 E Van Buren St, Phoenix, AZ 85008

Cost: \$25.00 per person

Date: Thursday, October 13, 2022 **Time:** 9:00 a.m. (8:30 a.m. check-in)



Eight hundred members are interested in a tour of the Tovrea Castle but only twelve castle tour tickets are available. To try and fairly handle the large interest in this event, ASURA will use a lottery system to allocate the twelve tickets.

Lottery Process

Registration Restrictions:

- Registration will be limited to those members who have not previously taken the Tovrea Castle tour with ASURA.
- Registration will be limited to a member and one guest.

In June, "registration" for the lottery will officially begin and will remain open until October 1, 2022. During open registration you can join the lottery by either:

- registering online at <https://asura.asu.edu/upcoming-events> or
- calling the ASURA Office at 480-965-7668.



Once the "registration" for the lottery closes, 12 participants will be randomly selected. Those selected will be contacted by the ASURA Office Staff to ensure that they are still interested in attending and how to pay the \$25.00 per person event fee.

NOTE: The tour cannot accommodate wheelchairs or scooters.

Community & Legislative Partners Association

Submitted by Pat Schneider—Chair, Seminar Committee

Arizona Falls Prevention Coalition

The January Community & Legislative Partners Association was held on January 18, 2022. The topic for discussion was on falls and fall prevention. Dr. Babak M. Nayeri, Clinical Associate Professor at the UArizona College of Medicine was the primary presenter for the webinar. Three members of the Arizona Falls Prevention Coalition also participated – Melissa Luxton, AFPC Chairperson, Jeff Case, Co-Chairperson Strategic Promotion & Communication committee and Steve Wagener, Chairperson of the Policy & Advocacy Committee.

Dr. Nayeri started the webinar off by presented data related to the number of falls in Arizona. In the past five years, the number of unintentional falls has increased as well as the number of deaths as a result of falls. Most falls occurred within the home and resulted in traumatic brain injury which subsequently resulted in death. He indicated there are many factors that lead to the falls but the main one seems to be medication.

The counties that show the highest rate of falls and fall-related mortality in Arizona are Maricopa, Pima, Yavapai, Gila and Cochise. The highest rates by gender and age indicate that males have the higher fall rate between the ages of 75-84, but females are higher at 85-plus. In addition, the highest fall rate based on ethnicity is within the Native American population.

Why should we be focusing on preventing falls? Dr. Nayeri indicated that 30% of inpatient falls resulted in serious injury. Providing education on how to prevent falls increases a patient's trust that they won't fall again and, perhaps, encourages more activity from the person. It also decreases unnecessary costs for both the patient and the hospital.

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Members from the panel addressed the need to do a risk assessment. This identifies areas and concerns for the person being assessed. A plan should be developed that is shared with the person's healthcare team, especially if there are high risks identified. The plan should also include education on fall risks and what can be done to mitigate them.

Some critical steps we can do to prevent falls include:

- Maintain a regular exercise program to increase both bone and muscle strength, balance, and coordination.
- Regularly review medications with a healthcare provider and dispose of any unused, outdated medications. It is your right to know how your medications react with each other and with you, so advocate to have a clear understanding of their side effects.
- Have yearly eye and hearing exams.
- Modify home environments to reduce hazards such as slippery floor, poor lighting, and uneven surfaces.

The Arizona Falls Prevention Coalition is dedicated to providing information, helpful hints, and advice and tips to help prevent falls and fall injuries. They have several community partners that help them in this mission. Find out more about this organization by visiting their website at <https://www.azstopfalls.org/>.

Obituary Notifications: January 1, 2022 to April 30, 2022



submitted by Tara Roesler

Please note that all obituary notices and photos, when available, are on our website at <https://asura.asu.edu/asu-obituaries>.

Name	Date of Death	ASU Affiliation/Years
Al-Iboudy, Khalil Ibrahim	February 3, 2022	MU (Sodexo) 1996-2008
Bagdassian, Nazaly	February 22, 2022	Arizona State University Library/years unknown
Baumann, Pauline A.	January 24, 2022	Marriott International Food Services Department at ASU/years unknown
Birg, Joseph Anthony	December 23, 2021	Engineering Lab Services/retired 1994
Bursh, Dr. Eula Mae Riley	January 9, 2022	Education/years unknown
Chappelle, Leonardo A. "Chap"	January 23, 2022	College of Fine Arts/years unknown
Daniel, PhD, Norman Eugene	January 12, 2022	College unknown/years unknown
DeJong, John Arlo	April 21, 2022	History/1959-1968
Doran, Wayne S.	February 10, 2022	ASU Foundation/years unknown
Feldstein, Morley Alan	January 29, 2022	ASU Mathematics Department/1970-2001

Obituaries continued on page 14

Name	Date of Death	ASU Affiliation
Finter, Lou-Ellen A.	February 23, 2022	Native American Cultural Studies/years unknown
George, Mary E.	April 22, 2022	Grounds Maintenance/unknown - 2013
Godwin, Wanda	April 8, 2022	Summer Sessions and Extension Office/26 years
Grass, Florence	February 11, 2022	Campus Telephone System Administrator/nearly two decades
Gryder, Dr. Robert	February 23, 2022	Education Professor /50 Years
Gutierrez, Eduardo	February 8, 2022	Groundskeeper/32 years
Hardesty, Gary Duane	February 11, 2022	College unknown/years unknown
Hashemi-Yeganeh, Shahrokh	January 20, 2022	Department of Electrical Engineering/years unknown
Hedgpeth, Terri M.	January 17, 2022	College unknown/years unknown
Henry, Henrietta McCain	March 4, 2022	Computer Analyst 1977-2003
Herald Jr., Delbert Leon	January 8, 2022	1973-2006
Hill, James Rogers	January 1, 2022	College unknown/years unknown
Huey, Ben	November 22, 2021	Associate Professor, Department of Engineering, College of Technology and Innovation/1979-unknown
Huyghebaert, James (Jim) Emil	February 18, 2022	Economic Outlook Center at Arizona State University/1986
Johnson, Alan Potter	April 28, 2022	English/1967-1996 and Arizona State University Retirees Association/1996-2022
Jones, Elaine	February 21, 2022	College of Fine Arts/1983-2008
Kimbel, Dr. William H.	April 17, 2022	Director of the Institute of Human Origins/1985-2021
Konopka, Dr. John	March 25, 2022	W.P. Carey School of Business Department of Supply Chain Management/2017-unknown
Lamkin, William Wallace	February 19, 2022	College unknown, years unknown
Leard, Joan Ruth	March 24, 2022	Business Manager, Memorial Union and work with the ASU University Club/years unknown
Liu, Jen-Her	January 29, 2022	College unknown, years unknown
Lorsch, David B.	February 4, 2022	College unknown, years unknown

Name	Date of Death	ASU Affiliation
Mazanauer, Pete P.	December 18, 2021	Academic Mentor to ASU student-athletes/years unknown
Moticka, Edward James	March 4, 2022	Emeritus College/years unknown
Nelson, Harold "Hal" D.	February 28, 2022	Engineering/years unknown
Palma Jr., Roy Burruel	March 4, 2022	Groundsman Supervisor/25 years
Renne, Diane	December 24, 2021	Mary Lou Fulton Teachers College/years unknown
Richards, Barbara Neely	December 8, 2021	Wife of Communications Department chair, Professor Gale Richards/years unknown
Robson, Kenneth Franklin	January 8, 2022	College unknown, years unknown
Ruppert, Edith Signe Opstad	January 19, 2022	College unknown, years unknown
Russell, Dr. Stanley	March 20, 2022	Engineering Department/1969-1983
Shirey, Raymond G.	January 24, 2022	Athletic Department Football Coach/years unknown
Simmerman, Susan	February 28, 2022	Career Services/years unknown
Smith, Elsie G. Moore	February 21, 2022	Counselor Education College of Education/1981-2021
Sparks, Peter Grant	March 16, 2022	Department of Chemistry/2000-2011
Sperling, Bonnie Laura	March 19, 2022	Various Staff position including College of Fine Arts/1980-2002
Tidwell, Dr. Victor H.	March 27, 2022	College of Business/years unknown
Tsosie, Mary Kate	February 16, 2022	College unknown, years unknown
Turkowski, Ph.D., Frank Joseph	March 3, 2022	Department of Zoology, assistant curator of mammals/years unknown
Turley, Wallace Alan	January 12, 2022	Worked on the redesign of Gammage Auditorium/years unknown
Willison, Paul Edwin	February 10, 2022	Engineering Machine Shop & Facilities Management/years unknown
Winkler, Donna	April 13, 2022	Department of Foreign Languages, years unknown
Witczak, Matthew Walter	January 18, 2022	Ira Fulton Schools of Engineering Civil Engineering/ until 2012
Young, Janice Marie (Westrum)	March 20, 2022	College unknown, years unknown

Support ASURA



Would you like to support the ASU Retirees Association? Your support is needed and very much appreciated.

For information on how to donate, see the “Support ASURA” menu on our website, <https://asura.asu.edu/>.



- ◆ You can donate books or money.
- ◆ You can choose to support ASURA operations or one or more of our worthy projects.
- ◆ You can find out how to include ASURA in your estate plans.

Prime Times is issued three times annually by the Arizona State University Retirees Association and offers special editions, as needed. It is compiled and published by Jeannette Robson, printed by AlphaGraphics, and mailed through ASU Mail Services. Articles are always welcome, subject to Board approval.

Mailing Address:

Prime Times, ASU Retirees Association, PO Box 873308, Tempe, AZ 85287-3308

Arizona State University Retirees Association:

ASURA has a volunteer-staffed office in the Community Services Building, 200 E. Curry Rd., Room 201B, Tempe, Arizona.

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Fax: (480) 965-7807
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