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## *Bits from the Board*

### *Inside this issue:*


After a summer for the record books, I hope you are enjoying the mists and mellow fruitfulness that mark Fall out here on the coast. Judging by what my own garden has produced, the results are fruitful indeed. Your Board has had a productive summer, too – organizing new events and launching the first round of lectures under the aegis of the UVRA Elder Academy, among other things. Details are included in this issue of Grey Matters, and on our website.

On a more somber note, I am sorry to report the death of one of UVRA's founding members, Peter Darling. Trevor Matthews, who worked with Peter for many years at UVic, and during the first years of our Association, has written a very fitting memorial to one of our formative stalwarts.

You may have noticed that our website is in sore need of an update, not only for its content, but also to match the University's new standards. Setting priorities in terms of your preferences will be an important aspect of the changes. Which sources of information are important for you? How about things like font size, if your computer can't change that quickly for you? What else should we try to incorporate? Our web guru, Mel Klassen, will be working with the UVic Web Services team to make the site more accessible and adaptive to your needs, so please E-mail us to let us know.

The UVRA Elder Academy series of lectures, talks, panels, etc. is starting off with grouped series of four talks, to make it possible for speakers to explore the topics (aging, physical health, psychological health, and wellness in its broader sense) in more depth. Dave Docherty has assembled a strong starting roster of speakers, with Jane Milliken's help. One exciting new aspect of these presentations is that UVRA will now be partnering with the Yakimovich Wellness Centre, which broadens the range of speakers, topics, audience and venues in exactly the sense conceived for the Elder Academy – the idea of engaging the community at large, in particular (but certainly not exclusively) the 55+ age group. Other aspects of this new collaboration are also in the works. Stay tuned!

Those of you who retired from UVic before this summer and wish to take advantage of campus-based benefits, such as use of the gym, the Library or retiree parking stickers, have hopefully already got your new ONECard from the University Centre foyer. Recent retirees simply keep using the ONECard they already have. We are still trying to clarify the status of our Affiliate and Associate members with regard to the card or on-campus benefits otherwise. To obtain Library and Parking privileges, those of you without a ONECard will first need to obtain a UVRA membership card from our office.

Because we believe that size does matter – i.e., the UVRA membership numbers do speak volumes – we are encouraging new retirees to become members for the first months of their retirement 'for free'. But they must join, by completing a written, signed, application form (available via our web



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In the last newsletter, I indicated I would be providing some practical ideas on the use of \_\_\_\_\_, as well as a link to the UVRA website to access exercise programs using \_\_\_\_\_. I must apologize that I have not been able to fulfill this promise, given several extenuating circumstances, including the logistics of setting up a place and time to do the photographs to support the information I wanted to share. In addition, I have been away for the last 4 weeks, which included a visit to my 100-year-old mother-in-law as well as a 14-day cruise of the Mediterranean. In the absence of not being able to put together the information on the use of \_\_\_\_\_, I thought I would share some of my experiences of the last 4 weeks related to health.

My mother-in-law turned 100 years last March, and is doing incredibly well, still living independently, with a little help each week from care-workers. Her mind is incredibly sharp, and she takes much pleasure in learning new things and sharing them. I wish in some ways I could say it was her commitment to a lifestyle that incorporated physical activity, but alas this isn't the case. She has obviously been blessed with great

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## *UVRA Elder Academy has launched*

After more than a year of preparation, the UVRA has introduced an Elder Academy for Victoria.

Our motto is



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## *UVRA Elder Academy (continued)*

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Date: Friday November 21, from

Presenter: Eike-Henner Kluge, Ph.D., Professor, Department of Philosophy

Even though we all die, how we die very much differs from person to person and depends on the socio-medical embedding of the individual in question. This presentation considers ethical and legal issues associated with deliberate death in contemporary health care, and presents some ethically-grounded suggestions.

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Date: Friday November 28, from 1:30 – 3:00 p.m.

Presenter: Elaine Gallagher, R.N., Ph.D., Professor Emeritus, School of Nursing

Most seniors want to remain in their homes as they age. However, cities and towns were not conceived with the needs of an aging population in mind. Thus, amenities and services may not be conducive to their well-being and safety. With the active input of local residents, many communities are beginning to recognize this issue. This talk will share some of what we have learned about what can be done locally to improve the age-friendliness of towns and cities.

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Date: Friday December 5, from 1:30 – 3:00 p.m.

Presenter: Esther Sangster-Gormley, R.N., Ph.D., Associate Professor, School of Nursing

In this presentation, Dr. Sangster-Gormley will provide an overview of the Nurse Practitioner role, and how it is being enacted in BC. She will also share findings from her research of patient satisfaction with care received from Nurse Practitioners.

## *UVic United Way*

The UVic Retirees Association is proud to support UVic's 2014 United Way campaign. The need in the community is great. Please pledge your support, by making an online donation — click “UVic Retirees” at: [www.uvic.ca/unitedway/donate](http://www.uvic.ca/unitedway/donate) to demonstrate that the UVRA supports the campaign. The UVic campaign raised over \$240,000 in 2013; the Campaign Committee has targeted \$250,000 as this year's goal.

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## Upcoming events

Your Events Committee announces three events for this Fall, and is working on events for early 2015.

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Friday, October 17, 10 am or Friday, October 24, 11 am

The response to this event has been phenomenal. Within two days of the email to UVRA members, we had twice as many people registered as we initially could accommodate. Dr. Erin McGuire, our guide, a UVic Anthropology faculty member, and special consultant for the Viking Exhibit at the RBCM, graciously agreed to do a second tour, so that we could avoid disappointing too many members.

The October 17<sup>th</sup> group will meet in the front entrance of the Museum at 9:45. The tour will be followed by lunch at 11:30 in the Legislative Dining Room (not included in the \$16.00 ticket price) and a guided tour (free) of the Legislative Building at 1 pm.

~~The October 24<sup>th</sup> group will meet at 10:05 in the Museum's front lobby, have lunch at 12:30 in the Legislative Dining Room, and will take the tour at 2 pm.~~

For those lucky people attending, if you have not already done so, please advise us whether you will be staying for lunch and/or the tour. Also, beforehand, if possible, please send your cheque made payable to the \_\_\_\_\_, to the UVRA office. Otherwise, you may pay at the Museum.

If, for any reason, you wish or need to cancel, please let us know, as there is still a waiting list.



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## *Upcoming events (continued)*

Tuesday, December 9, 11:30 am

University Club Christmas Buffet

Register by: Friday, December 5, via the UVRA Office

Charge: \$32.00 — your cheque must be made payable to

Limit: 60 persons + wait list

Join us at the [University Club](#) this year for our traditional Christmas luncheon. If you have never attended the Christmas buffet at the Club, you are in for a real treat. This year we are asking each person to bring a small wrapped “gift,” something that you have around your house that you no longer need or want. This could be an item that you have stored away under the bed or at the back of a cupboard, which hasn’t seen the light of day for some time – possibly a gadget of some kind or a book or DVD that you aren’t interested in reading or seeing again. The novel idea that we have for a gift exchange will provide a bit of fun for everyone.

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Plans are underway for the following events in the new year -- details will be announced later.

- January:        “[Reaching Blue](#)” -- a documentary film on the health of the Salish Sea.  
                  Learn about ground-breaking research being conducted by [Ocean Networks Canada](#) --  
                  located in the same building as our UVRA office
- February:       The annual Chinese New Year luncheon
- March:           A tour of [Pearson College UWC](#) (Pedder Bay)
- April:            The annual Volunteer Appreciation luncheon
- May:             Tour of the [First People’s House](#) on the UVic campus
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Please let us know if you have any ideas for interesting places for UVRA members to explore and experience.

... submitted by your Events Committee: Jane, Linda, Rashna