UAEC Presidents Message

Hard to believe, but both the fall semester and 2019 are over and the 2020's have begun. I hope that everyone had a great holiday season and advise that we all be patient - spring will soon be here!

Our Spring 2020 program has been finalized and is listed elsewhere in this issue. It will begin on January 27 with a talk by Professor Sanjay Goel, who is an expert on cybersecurity. A highlight will be a presentation by our new Provost, Dr. Carol Kim, on March 9 regarding UAlbany academic initiatives and priorities.

Other speakers include Dr. David Carpenter, who will talk about the potential health effects of exposure to cell phones and other sources of electromagnetic fields, and Professor Yanna Liang, who will follow-up on our recent panel discussion on climate change with a program on technological solutions to reduce greenhouse gases. The complete program will also be sent via email and will be posted on our website.

Representatives of the Emeritus Center met with members of UAlbany administration to discuss how the emeriti may continue to be engaged in the university's missions of teaching, research, and service post-retirement. One possibility is the inaugural Showcase Day on Tuesday, April 28, 2020.

This event will highlight student research, scholarship, and creative endeavors, with the goal of raising our profile as a comprehensive public research university. Look out for emails from the Emeritus Center and from UAlbany about this special event and let us know if you are interested in helping to make it a success.

Ed. Fitzgerald, Ph.D.
Editorial: Planning for Retirement
Ram Chugh, Ph.D. Distinguished Service Professor of Economics (Emeritus)

Retirement is considered a significant change in one’s life. Moving from full-time structured work life to an unstructured one can be challenging and stressful. All kinds of thoughts run through one’s mind. Some employees refuse to retire and stay on the job as long as they’re physically able, and some experience several years of indecision before taking retirement.

However, most employees finally choose to retire and go on doing things they could not do while working. In that sense, retirement can be an enjoyable experience - a time filled with new opportunities. However, if not planned well, it can be a painful transition that brings boredom, lack of purpose, anger, and even disruption to family life.

Planning becomes essential to make a smooth transition from full-time work life to an unstructured retired life with no job-related responsibilities. Sound pre-retirement planning is essential. It is necessary to understand the benefits, such as health insurance, pension, etc. available to you after retirement.

It is critical to meet with the Human Resources Department (HRD) staff to obtain information about the benefits available to retirees. Such pre-retirement planning should begin a year or two before the actual date of retirement. Prepare a list of questions for which you need answers.

Based on my experience, the HRD staff bends over backward to provide every assistance and guidance to make the retirement process smooth. The HRD people are well aware of the issues individuals face while deciding to retire. It is also important to discuss your decision to retire with your family and its implications for them.

There are two articles in this newsletter to help individuals planning to retire. One-piece, “The Benefits of Retirement,” by Denise S., Director of HRD, gives an overview of the services available to employees planning to retire. The second article, "My Adjustment to Retirement," by Ram Chugh, outlines the challenges he faced in adjusting to retired life and the activities he engaged in to stay productive during retirement.

We would like the Emeriti Voice to become the true voice of our emeriti. Please send your suggestions to Ram Chugh at Ramchugh@gmail.com.

Thank you.
The “Benefits” of Retirement
by Denise Szelest*

The decision to retire is easy for some and daunting to others. There are many factors to consider. Being informed is key to both the decision making process and to a smooth transition into retirement. It is the goal of the University at Albany Benefits Office to get employees thinking about it well in advance and to help prepare them for the decisions and actions to be taken at the time of retirement. We will also help retirees work through the implications of returning to work post-retirement. Retirees who still engage with active university employees who may be close to retirement can also be a resource and help us remind employees to contact our office to get scheduled for an information session. We’ve created several informational opportunities depending on the timeline to retirement.

Long range planning: retirement planning webpage https://www.albany.edu/hr/retire.php#plan

Retiring between 6 months to 5 years: semi-annual meetings, sponsored by EAP, focus exclusively on New York State Health Insurance Program (NYSHIP) retiree eligibility requirements and benefits.

Retiring within 6 months: the Benefits Office holds monthly seminars to discuss NYSHIP retiree coverage in detail. For those who may not be able to attend a meeting or who want to review information at their convenience, we are putting the finishing touches on an online presentation soon to be available on our website https://www.albany.edu/hr/benefits.php.

Once retired and no longer working for the State, NYSHIP enrollees have excellent health insurance resources available online. The NYS Department of Civil Service’s Employee Benefits Division (EBD) administers NYSHIP retiree coverage, not UAlbany. They have a dedicated website at https://www.cs.ny.gov/employee-benefits/login/index-retiree.cfm. Retired NYSHIP enrollees should call EBD directly at 518-457-5754 or 1-800-833-4344 with health insurance related questions. Retirees should contact their retirement system/provider for questions regarding pension distributions.

For retirees planning to, or interested in, returning to State employment at UAlbany post-retirement, we offer important information at https://www.albany.edu/hr/retire.php#work, under “Working After Retirement.” Active employment following retirement can have implications to your benefits. You may be subject to earnings limits while collecting a pension or social security benefits. Eligibility for benefits as an active employee may impact retiree benefits. It is important to reach out to the Benefits Office as soon as you know or are contemplating returning to the payroll and as your employment status changes if you already have post-retirement employment.

A word about Medicare: The Social Security Administration expects individuals to start the enrollment process for Medicare coverage as you approach age 65. This includes your enrolled dependents as they turn 65. NYSHIP also expects you and your enrolled dependents to have Medicare coverage at age 65, thereby making your NYSHIP coverage secondary. Keep this in mind if you retire before becoming Medicare eligible. EXCEPTION: if you are actively employed and eligible for health insurance as an active employee (pre or post-retirement), you can defer Medicare enrollment until you are no longer working or ineligible for active employee benefits. It is not recommended that retirees return to work with obligations that vary throughout the year due to the impact on benefits.

The University encourages emeriti to stay engaged by providing continued use of their @albany.edu email address as well as library and parking privileges on campus. Another excellent means of engagement is through participation in the Emeritus Center activities and events!

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*Denise has served as Director of Human Resources at UAlbany since 2011 and has worked for the university in various capacities for 30 years. She holds a BS and MBA from UAlbany. In addition to her human resources role at UAlbany, she is an executive committee member of the SUNY Human Resources Association.
Climate Science is Focus of Special Emeritus Center Program
By Carol Whittaker*, MA, MPA, MA

The increasing threats associated with global climate change, the rapid warming of our planet, and the role of human behavior in the process have been a focus of interest and discussion for the past several years. When the Board of Directors of the University at Albany Emeritus Center was putting together the schedule of programs for the fall 2019 semester, the topic of climate science was one with universal appeal.

Because the issue is so multi-faceted, and we are so fortunate within our university to have many experts with knowledge of various aspects of these major issues, we decided on a discussion led by several very qualified specialists conducting research into a range of climate-related issues. In keeping with our recent past practice of holding one major program in the fall of each year, we scheduled this program for November 4, 2019 and moved to a larger venue to accommodate the anticipated greater number of attendees. This proved to be a wise decision as our outreach to the greater community, well beyond our usual attendees, was rewarded with a large and very engaged audience.

The panel discussion was designed to explore current climate science issues including the latest scientific consensus on how and why the climate is changing; the effects on humans focusing on health impacts; and the effects on plants and animals including species loss and adverse ecological changes. Professor Mathias Vuille of the Department of Atmospheric and Environmental Sciences, readily agreed to serve as moderator of a panel that consisted of his colleague, Dr. Oliver Elison Timm of the same department; Dr. Shao Lin of the School of Public Health’s Department of Environmental Health Sciences, and Dr. Wendy Turner of the Department of Biological Sciences.

Our Moderator and Panelists
Professor Vuille received his Ph.D. from the University of Bern in Switzerland in 1995 and worked as a research professor at UMass before joining the University at Albany in 2008 where he teaches courses in climate change, paleoclimate, and major topics in environmental science. He has published more than 100 peer-reviewed articles on these topics and has participated in scientific expeditions on four continents.

He has served as a contributing author to the Intergovernmental Panel on Climate Change (IPCC)) and as advisor for adaptation projects on behalf of UNESCO, the Interamerican Development Bank, and the World Bank. Dr. Vuille expressed his delight at the size of the audience and said that so much interest in the topic was a good sign that individuals are seeking to understand the issues involved and how they will impact not only current generations but those yet to come. He then introduced the first panelist, Dr. Elison Timm to discuss how and why our planet is warming at such a rapid rate

*Carol Whittaker, MA, MPA, MA has had many roles at the School of Public Health since joining as the “Assistant Dean for New Fun Stuff” in 1993. More recently she established and directed the Center for Global Health and is now retired from the NYS Department of Health.
Evidence of Climate Change and the Culprits

As an associate professor Dr. Ellison Timm’s research involves the analysis of current climate variability and climate change with the intent to improve the understanding of natural climate processes and regional impacts of anthropogenic climate change. Dr. Ellison Timm received his undergraduate, M.S., and Ph.D. degrees from the University of Kiel, Germany. His climate research includes the investigation of past climates with a focus on the physical causes of ice-age cycles during the Pleistocene using computer model simulations. Using graphics to show the evidence and causes of climate change, we saw the warming trend that started in the last century and has increased in the first two decades of this century with the last five years being the hottest on record. What are the causes?

The culprit is greenhouse gases which reduce outgoing longwave radiation creating an energy imbalance at the top of the atmosphere warming the earth. Graphs clearly showed the dramatic rise from pre-industrial times to the present of anthropogenic (human-caused) carbon dioxide emissions. Where do these emissions go? Our oceans and land vegetation take up about a half of all the excess carbon dioxide but the remaining goes into the atmosphere where winds and turbulence distribute the gas evenly around the globe. Atmospheric carbon dioxide concentrations have been continuously measured since the 1950’s and show the rapid amplitude of change over the period from then until now. If one needs evidence of these changes it can be seen in several concerning ways including:

- The increase of atmospheric carbon dioxide concentrations has been accelerating at a rapid rate over the past 60 years
- Temperatures have been rising on land and in the oceans and ocean water expands with increasing temperature contributing to sea level rise
- Glaciers worldwide and the ice sheets of Greenland and West Antarctica are melting which also contributes to rising sea levels.

_The threat to those living at or near sea level is quite obvious!_

How the Changing Climate Adversely Impacts Human Health

Our next speaker, Dr. Lin, continued the discussion of what climate change means to humans. Shao Lin is a Professor in two departments, those of Environmental Health Services and Epidemiology and Biostatistics at the School of Public Health. She also serves as the Associate Director of Global Health Research at the Center for Global Health. She obtained her medical degree from Sun Yat-sen University in China and her MPH and Ph.D. degrees in Epidemiology from the University of North Carolina at Chapel Hill.

Her three decades of research experience has focused on environmental health studies including those assessing the health impacts of various environmental exposures including climate change, extreme weather, air pollution, and heavy traffic exposure. She has also studied the health effects experienced by New York City residents living near Ground Zero after the 9/11/01 disaster and has conducted extensive studies of school-related environmental health issues. She has obtained over $18 million in federal and state grants and has published more than 150 peer-reviewed articles.

Dr. Lin told us the impacts will vary significantly by region and that some places will be more affected sooner than others. One major impact is one that is impacting our food and nutrition…
How the Changing Climate Adversely Impacts Human Health (continued)

Increased carbon dioxide concentrations also mean decreasing protein content in rice, wheat, and soybeans. This of course will lead to potential deficiencies in zinc, iron, and protein in food crops grown and especially problematic for residents in those countries where people are dependent on these grains for their nutrients.

We've all noted the increased wildfires impacting our western states and so many other spots around the globe. In addition to the damage inflicted on homes and entire communities, disruptions to the power grid have impacted so many others, especially those with health conditions reliant on electricity. Stronger storms and major flooding incidents must be prepared for as they are sure to come.

Dr. Lin gave two additional examples of the health impact of climate change on humans: respiratory illnesses and hospital admissions in New York City during periods of increasing temperatures and the escalating incidence of Lyme disease. The relationship of higher temperatures and hospital admissions in New York City was shown by the measurement of the percentage change in morbidity with increasing temperatures studied over a 14 year period from 1991 to 2004. The study showed significant increases in respiratory diseases and cardiovascular diseases generally attributed to increased ozone.

Lyme disease is now the most common vector-borne disease in the U.S. and it is endemic in the Northeastern U.S. This disease impacts children more than any other age group. The tick and its habitat expand with increasing temperatures and precipitation which has meant an increase in Lyme disease cases.

Another large U.S. population-based case control study shows that heat exposure during early pregnancy is tied to congenital heart disease.

These and so many other studies are demonstrating that climate change will bring additional challenges to human health. But we must also consider other species impacted by climate change.

Climate Changes Impact Other Species Too

Dr. Wendy Turner, an Assistant Professor in the Department of Biological Sciences. is a disease ecologist. She received her Ph.D. from the University of California, Berkeley, where she studied the ecology of gastrointestinal parasites in herbivorous mammals from Namibia. She was awarded a U.S. National Science Foundation International Postdoctoral Fellowship to work at the University at Oslo, Norway, investigating anthrax transmission in grazing wildlife in Namibia. Dr. Turner has conducted animal and disease ecology research in southern Africa for the past 18 years, the latter half of which has focused on discovering host, pathogen, and environmental contributions to anthrax transmission in unmanaged wildlife systems.

New research initiated while at the University at Albany includes avian malaria in Catharus thrushes, the fungal disease white-nose syndrome in bats funded by the U.S. Fish and Wildlife Service, and anthrax transmission and pathogen evolution funded by the National Science Foundation. Research in her lab is focused on ecological, behavioral, and genetic factors that affect disease transmission and epidemiology including host-parasite interactions, host susceptibility, and parasite variation and persistence in the off-host environment.

Dr. Turner told us the main factors affecting biodiversity over the next century can be summed up as climate change, changes in land use, the disposition of nitrogen, biotic exchange (changes within species and movement of animal life primarily from south to north), and increasing atmospheric carbon dioxide. Changes in climate can have dramatic effects related to the range of species:

- Each 1 degree centigrade increase in temperature moves ecological zones on Earth by about 160 miles
- So a 4 degree centigrade warming would require species to move poleward by over 300 miles or move 1,640 feet higher in altitude to maintain a stable environment.

We have already witnessed how polar bears, penguins, and certain vegetation are being affected in areas where climate has been changing most rapidly such as the arctic regions of Alaska and Canada.
We have already witnessed how polar bears, penguins, and certain vegetation are being affected in areas where climate has been changing most rapidly such as the arctic regions of Alaska and Canada. How might these and other species cope with climate change?

- Acclimate
- Adapt
- Move
- Die

Recent rapid changes in the environment due to climate change have created mismatches in some species who have found it hard to adapt quickly enough. An example of a hare found in snowy polar environments that are now too easily spotted where the snow is disappearing and have become easy prey. Adaption means a new coat for protection—will it come soon enough?

We in the Northeast are very familiar with the increased winter range of the American robin, its changed migration patterns, and the change in its summer breeding range.

Just as the range of Lyme disease is spreading, climate change has facilitated parasites like the Mountain pine beetles now infecting U.S. western forests. And our coastal waters are not immune as noted by the red tides that now seem to impact the warm coasts of the Gulf of Mexico annually and the wasting disease that is killing our sea stars, especially the beautiful Sunflower sea stars.

One chart, based on data from the Millennium Ecosystem Assessment, summarized it all very well. It showed the range of threats facing us (climate change, habitat loss, invasive species, over-exploitation, and pollution from nitrogen and phosphorus) measured from low to very high related to current increasing trends. While habitat loss is an increasing threat in some areas including polar, coastal, and temperate grassland areas, it is decreasing in temperate forests where species seem to be holding their own, the only downward arrow shown on the chart!

The threat of climate change is increasing everywhere from a low level in some areas to high in the polar areas. Invasive species are increasing in inland waters and coastal areas and have a continuing impact on a low to moderate level everywhere with a higher level inland. Tropical forests and marine life are most severely impacted by over-exploitation and pollution is increasing everywhere.

The Future

Dr. Vuille, our moderator, admitted that a rosy picture had not been painted on the topic of climate change. He did remind us that not all areas will see the same impacts—there will be winners and losers. But in terms of what we can do, perhaps we can be mindful in our daily habits and be willing to make changes to slow the impacts and address them in positive ways. Dramatic changes in political will and influence, nationally and globally, to face the situation before it’s too late will definitely be required. Will technology be able to rescue us? It will undoubtedly play a major role.

We thank those who attended and demonstrated such vibrant interest in the thorny challenges related to changes in our climate. We especially thank our very knowledgeable speakers for their insights and perspectives.
Leaky Pipelines and Concrete Ceilings? The Status of Women in the Academy

Julia M. Hormes*, Ph.D.

This article is a summary of Dr. Hormes talk to the University at Albany Emeritus Center on October 7th, 2019, which was based in part on the following article: Hormes, J.M. (2016). When the glass ceiling is made of concrete: What causes the “leaky pipeline” in academia? The Behavior Therapist, 39(8): 303-314.

In many academic fields, women have been awarded doctoral degrees at rates comparable to men for decades, yet they remain underrepresented in faculty positions, especially at increasingly advanced career stages, a pattern of disproportionate drop-out often referred to as the “leaky pipeline.” Women are less likely to enter traditional academic careers than men and more often leave academia prior to going up for tenure.

Women’s chances of obtaining tenure and promotion to associate professor are significantly lower than those of their male peers, especially if they have families, even when controlling for factors such as their graduate institution, year in which they earned their graduate degree, field of study, race, and quality and quantity of published research. As a result, only about half of female full-time faculty members are tenured, compared to more than two thirds of their male colleagues. Women are also significantly less likely to be promoted to full professor, with men outnumbering women 2:1 at this career stage. An increasingly small pool of senior female faculty directly contributes to a lack of representation of women in institutional leadership and other influential, decision-making positions.

Two popular hypotheses are often cited to account for the “leaky pipeline.” The first attributes women dropping out of academic careers at greater rates than men primarily to competing demands imposed by conflicting roles at work and at home. There is very little evidence to support this hypothesis, with research suggesting that women with spouses and/ or children generally tend to be more productive, compared to women without families and male faculty. Data increasingly support the alternative hypothesis that the underrepresentation of women faculty in the academy is due to a complex set of institutional and other structural factors that interact to selectively filter out women along the pipeline.

Evidence suggests that women experience multiple, often seemingly small instances of discrimination that create a cumulative disadvantage for career advancement. A growing body of research quantifies these disadvantages in areas typically considered in decisions about promotion in the academy, including research, teaching, and service. Women’s research is more likely to be devalued and less likely to be supported by grant funding, especially at more advanced career stages.

Women’s published work is underrepresented on course syllabi and cited less frequently than that of male peers. Women faculty consistently receive markedly lower student ratings on teaching evaluation, even if their performance is deemed comparable to that of their male colleagues using objective metrics such as timeliness of feedback and fairness of grading rubrics. Women faculty, especially those at the associate professor stage, spend substantially more time involved in service activities compared to male faculty, but those service obligations are typically not valued highly in decisions about tenure and promotion.

Approaches to plugging the “leaky pipeline” are not straightforward. Many strategies now being employed to increase the representation of women in other fields (e.g. flextime, telecommuting) are generally already built into the academic lifestyle, but often further blur the line between the professional and personal, making it hard to maintain boundaries and balance. Re-entry into academic careers after extended periods of leave is difficult and increases the likelihood that women drop out altogether. Research suggests that what is needed to more successfully retain women is more protected time to dedicate to activities that are most valued in decisions about tenure and promotion, efforts to account for well-documented biases in student evaluations, and greater equity in teaching and service assignments. Perhaps just as crucial, but arguably more challenging, is a shift in culture many are now calling for, including changes in the way that women are talked about (e.g., in letters of recommendation) and represented (e.g., on syllabi, at professional conferences, as recipients of awards and other types of formal recognition in their fields) in the academy.

*Julia M. Hormes, Ph.D. is an associate professor of psychology and director of the Health Behaviors Laboratory at the University at Albany. Her primary research interests are the psychology of human food choice behaviors, behavioral or non-substance addictions, and the status of women in academia. Dr. Hormes holds a B.A. in psychology from Princeton University and a Ph.D. in clinical psychology from the University of Pennsylvania; she joined the faculty at the University at Albany in 2012
REACTING TO EVERYTHING:
Sudha Murthy’s* Take on Life, Trials and Tribulations:

* I am slowly learning that:
  I Don’t Have to React to ‘Everything’ that Bothers Me.

* I am slowly learning that:
  I don’t have to hurt those who hurt me.

* I am slowly learning that:
  Maybe the ‘ultimate’ sign of maturity is walking away instead of getting even.

* I am slowly learning that:
  The energy it takes to react to every bad thing that happens to you drains you and stops you from seeing other things in life.

* I am slowly learning that:
  I am not going to be everyone’s cup of tea.

* I am slowly learning that:
  I won’t be able to get everyone to treat me the way I want to be treated.

* I am slowly learning that:
  Trying so hard to ‘win’ everyone is just a ‘waste’ of time and energy and it fills with nothing but emptiness.

* I am slowly learning that:
  Not reacting doesn’t mean I am okay with things. It just means I am choosing to ‘rise’ above it.

* I am slowly learning that:
  Sometimes ‘not’ saying anything at all says everything.

* I am slowly learning that:
  Reacting to things that upset you gives someone else power over ‘your’ emotions.

* I am slowly learning that:
  Even if I react, It won’t change anything, It won’t make people suddenly love and respect me, It won’t magically change their minds.

* I am slowly learning that:
  Life is better lived when you don’t center it on what’s happening around you and center it on what’s happening ‘inside’ you instead.

* I am slowly learning that:
  Work on yourself and your inner peace and you will come to realize that ‘not’ reacting to every little thing that bothers you is the ‘first ingredient’ to living a happy healthy life.

* Sudha Murthy is a philanthropist and social worker dedicated to upliftment of women.
My Retirement Story*
By Ram Chugh, Ph.D. (Emeritus)

Retirement was alien to my thinking. I thought I would continue to work until the end. However, too much obsession with work proved quite harmful to me and to my family. In January, 2000, I suffered a serious illness and had to be hospitalized. After recovering from that illness, I decided to go back to my old routine. Nevertheless, my wife put her foot down. She left me with no choice but to retire. It was a difficult decision to make with which I struggled with for almost a year. Finally, after working for nearly 67 years, 32 years at SUNY Potsdam, 15 years at SUNY System, seven years at other universities in the USA and India, and about 13 years in the Indian Air Force, I decided to retire.

I signed my retirement papers in December 2001 and decided to move to Albany to be closer to our daughter in NYC. Retirement itself was a difficult decision, but moving to a new community proved to be even more difficult. Even though Albany was more of a metropolitan area with a wide variety of social, cultural, religious, and educational activities, I missed not having a circle of close friends as I had in and around Potsdam. I was in a big city but deep down I felt lonely and somewhat depressed in this crowded city.

I needed to stay busy and remain connected with academic environment. We bought a house within a mile of Siena College, in Loudonville, where I could go to the library and attend various college events. Later, I decided to take courses under Siena’s program for senior citizens where one could audit one course per semester by paying a nominal registration fee. Availing myself of this opportunity, I took courses in astronomy, human biology, counseling theory and techniques, negotiation, world religions, Buddhism, estate planning, conceptual physics, and digital photography. Through these courses, I was able to learn things I had never studied before and remained intellectually engaged and stimulated.

Having been with SUNY for many years, I thought it would be a good idea to offer my professional experience to the System Administration by working on some projects. I received a positive response to my request from the System Administration. I was given office space and allowed to work on several SUNY projects on a voluntary basis. My first project was to work with a System’s group responsible for examining the economic and social impact of the State University of New York on the state’s economy. Later on I worked on several other projects sponsored jointly by System Administration and University Faculty Senate. These projects included Rational Funding Policy for SUNY, Enhancing SUNY as a Global University, and [creation of] the SUNY Retirees Service Corps (RSC).

Working at System Administration has been quite rewarding. I consider SUNY as my second home. Through my work with the System Administration, I continued to remain connected to the academic and collegial environment while maintaining flexibility in my schedule.

I served on the board of the Association of Retirement Organizations in Higher Education (AROHE) for four years and currently serve on the University at Albany Emeritus Center (UAEC) Board of Directors. I am also editor of the Emeriti Voice, the UAEC’s newsletter.

Additionally, I became involved in our local Hindu temple and worked on many projects including developing a new election process and revising the temple’s constitution.

My wife and I have visited India several times since retirement and have visited our friends and relatives across the US. Our daughter got married soon after my retirement, and we now have five grandchildren. The grandchildren keep us entertained keep us mentally, and physically alert. They have given new meaning to our retirement.

At the urging of my wife, I completed my first memoir, Against All Odds: How an Indian Airman’s Extraordinary Resolve Altered the Course of His life, in 2013. The memoir covered my life in India before coming to the United States in 1966 for my doctorate.
My Retirement Story* (finishes)
By Ram Chugh, Ph.D. (Emeritus)


Many people ask me how it feels to be retired and how I spend my time. What would I tell others planning to retire? Transitioning from a full-time job to a retired life is hard, but it can be made less stressful if we put things in perspective. Here are some pointers based on my own experience.

1. Be prepared to expect the unexpected – go with the flow as they say. Read the book, Who Moved My Cheese by Spencer Johnson, MD. It helped me greatly.
2. Moving to a new community after retirement can make the adjustment very difficult. It takes time and lot of effort to make new friends and to develop a supportive social circle.
3. Keep busy, stay involved, find meaningful work whether paid or not.
4. Stay healthy by following your doctor’s medical advice and doing meditation, physical exercise, and eating right.
5. Take care of your financial and estate planning; such planning frees the survivors from a lot of hassle, legal and otherwise.
6. Count your blessings.

*Adapted from, THE POWER of SUNY RETIREES: Lessons Learned from Over 100 Retirement Stories (2018). PDF link; Ebook link (Free download)
**News You Can Use**

**The Preschool Inside a Nursing Home**
For the elderly residents, interacting with the kids is a jolt back to the world of the living. [LINK](#)

**Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life**

Boomers Want to Stay Home. Senior Housing Now Faces Budding Glut. Aging-in-place technology trend poses challenge to builders of living facilities for elderly. [LINK](#)

**The New Old Age**
A Retirement Community That Comes to You- In continuing care at-home programs, members live in their own houses for years, with regular health check-ins. [LINK](#)

**Health of the Elderly: Policy Issues and Challenges**
In this essay, Dorothy Rice and Carroll Estes suggest that given the changing composition of the elderly population—it is growing older and, in its totality, larger—the time has come when Congress should consider not simply spending reductions but the very structure of Medicare itself. [LINK](#)

**Journey Through the 6 Stages of Retirement**
Most major life-changing events, such as marriage or divorce, involve an ongoing process of emotional adjustment. Retirement is no exception. [LINK](#)

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**UA Emeriti in the NEWS**

1. **George P. Richardson, Professor Emeritus, and Roberta L. Spencer**, retired Executive Director of the System Dynamics Society at the Center for Policy Research, are proud to announce the on-line publication of **Social Dynamics**, a curated collection of works by Jay W. Forrester, Professor Emeritus of Management in System Dynamics at the MIT Sloan School of Management. Forrester, the founder of **System Dynamics**, a research methodology and technique for strategic and policy simulation modeling based on feedback systems theory. It was invented in the late 1950s by Forrester, a pioneer in servomechanisms engineering and computer design. Since then, System Dynamics has developed as its own field, distinct from the larger fields of operations research and management science to which it is related.

Professor Forrester passed away in 2016 at the age of 98. The collection was assembled by him in the last two years of his life. It contains 61 papers he considered his most important statements about the dynamics of social systems, ranging from corporations and cities to global issues and K-12 education, from the methods of system dynamics to some of its historically important applications. At Jay's request, the collection has been edited by George Richardson, providing the overall chapter organization and short prefaces for each chapter and article to place them in context. Roberta Spencer was the Project Manager. Robin Langer, also retired from UAlbany, worked on this projected doing document development. A number of University at Albany PhD graduates volunteered their time on this project, including Rod MacDonald, Wei jia Ran, and Babak Bahaddin. A companion collection of Forrester's writings on **Economic Dynamics**, edited by Robert Eberlein, is in the works.

Social Dynamics, published by the System Dynamics Society, can be found: [HERE](#)

2. **Stephen L. Wasby** (Political Science, University at Albany) gave the Constitution Day Lecture at Roanoke College (Salem, VA) in September and in September he also lectured on the courts at the U.S. Military Academy at West Point. In early December, he lectured to several classes a Westfield (Mass.) State University. He has been serving as the Chair of the Task Force on Zoning Bylaw Revision for the Town of Eastham, Mass.
**UA Emeriti in the NEWS**

3. **Gene Mirabelli**, Full Professor in English (Emeritus): My publisher is reissuing my last two books, originally issued in hard covering in paperbound and e-book formats, and is bringing out some earlier works that I published elsewhere years ago. I’m writing another, but like everything else I do, it’s going slowly. I’ve turned down invitations to speak at conferences, unless they’re local, and feel that at my age I should let younger men and women, in their 60s and 70s, have the opportunity to be on stage.

   - Currently working on a new book titled Buffalo’s Waterfront Renaissance: CanalSide and Other Waterfront Success Stories

5. **Robert J. McCaffrey**, Ph.D. Professor of Psychology.
   - Past President: American Academy of Pediatric Neuropsychology
   - Editor-in-Chief, Developmental Neuropsychology: A Life Span Developmental Journal
   - Editorial Board Member
   - Applied Neuropsychology: Adult
   - Applied Neuropsychology: Child
   - Journal of Pediatric Neuropsychology
   - Archives of Scientific Psychology
   - Development of New Neuropsychological Tests
   - Test of Malingering Memory – 2
   - Pediatric Performance Validity Test Suite
   - Hi-Fidelity: Tasks of Visual Organization

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**The Trees and The Axe: Variations of Aesop**

"The forest was shrinking, but the trees kept voting for the axe because it’s handle was made of wood and they thought it was one of them." -Unknown

“A man came into a forest and asked the Trees to provide him a handle for his axe. The Trees consented to his request and gave him a young ash-tree.

No sooner had the man fitted a new handle to his axe from it, than he began to use it and quickly felled with his strokes the noblest giants of the forest.

An old oak, lamenting when too late the destruction of his companions, said to a neighboring cedar, “The first step has lost us all... If we had not given up the rights of the ash, we might yet have retained our own privileges and have stood for ages.”

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**Useful Links for Retirees**

- Medicare Information
- NY State Commission on National and Community Service
- TIAA-CREF
- NYSUT Retirees and Retirement
- UUP
- AROHE

**FOR FUN:**

- Think like a 94 year old genius
- 50 Ways to live longer
- How to live to 100 and enjoy it
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The Emeritus Center UAEC Speaker Schedule* – Spring 2020

**January 27** -- **Sanjay Goel** (*This talk was canceled for unforeseen circumstances and will be rescheduled*)
Sanjay Goel is a Professor in the School of Business at the University at Albany, SUNY. He is also the Director of Research at the New York State Center for Information Forensics and Assurance at the University.

**February 10** -- **Richard Fogarty**
Richard Fogarty is Associate Professor in the Department of History at the University at Albany, SUNY. He is a historian of modern France and Europe, 1789-Present, with particular interests in the histories of culture, politics, war, and the military, especially the ways these intersect.

**February 24** -- **David Carpenter**
David O. Carpenter is a professor of environmental health sciences in the School of Public Health at the University at Albany, SUNY, where he is also the director of the Institute for Health and the Environment.

**March 9** -- **Provost Carol H. Kim**
Carol H. Kim is Provost and Senior Vice President for Academic Affairs at the University at Albany, SUNY. A molecular virologist and professor of microbiology, Dr. Kim pioneered the use of the zebrafish model for innate immune response to infectious diseases.

**March 23** -- **Yanna Liang**
Yanna Liang is Professor and Chair of Department of Environmental & Sustainable Engineering in the College of Engineering and Applied Sciences, University at Albany, SUNY. Dr. Liang’s current research focuses on identifying and developing innovative solutions for cleaning up sites contaminated by emerging contaminants and addressing critical issues related to the food, energy and water nexus.

**April 6** -- **Corinna Ripps Schaming**
Corinna Ripps Schaming is Director and Chief Curator of the University Art Museum at the University at Albany, SUNY.

**April 20** -- **Monica Broekmann**
Monika Boeckmann is Executive Director at LifePath (previously known as Senior Services of Albany), which provides low-cost, high-quality, customer-driven services and programs to older adults and caregivers in the Capital Region to enhance the quality of their lives and help them maintain their independence.

**May 4** -- **Bert Fay**
Reverend Bertrand Fay, retired from the Roman Catholic Diocese of Albany, will perform his dramatic adaptation of “The Dead” from James Joyce’s collection of short stories, The Dubliners. Rev. Fay also plays all the characters himself.

*For additional information, contact UAEC program director, Teresa Harrison at: tharrison@albany.edu*
“Retirement” on the Antique Trail

by Robert Jarvenpa*, Ph.D. (Emeritus)

“So what are you doing in retirement?” When I am asked this question, I have two responses. First, I’m staying active in research and my profession of anthropology. Second, I’ve bulked up and become a professional wrestler. Just kidding. I’m a part-time antiques dealer. Although I’ve been in the business for twenty-five years, retirement has given me the opportunity to expand this part of my life.

Like many antique dealers, I started out as a collector. After decades of accumulation, selling became the most expedient way to continue collecting. However, challenging and rewarding selling can be, the pursuit of antiques is the ultimate elixir for me. Psychologically, it is akin to fishing, and just as addictive. Imagine returning to your favorite fishing hole day after day without a nibble. Then, when you least expect it, something big tugs on your line. Rather than a largemouth bass, however, you’ve landed a rare grain-painted Pennsylvania Dutch blanket chest! No, you didn’t haul it out of that fishing hole. You acquired it with the winning bid at a local auction.

My addiction, or passion, started early. As a young boy I collected rocks, stamps, coins, marbles, and botanical specimens. Storage was always a problem, but my parents were supportive of my pursuits: “Hey, remove those filthy rocks from the dining room table, now!” In college my interest shifted to old books, especially arctic travel and exploration. The used and antiquarian bookshops in Minneapolis and St. Paul became regular haunts. Storage was still a problem, but my roommates appreciated my intellectual curiosity: “Okay Einstein, what’s the deal with all these moldy books. You’re blocking the heat register!”

When I arrived at UAlbany in the early 1970s I was pleased to find myself in the center of an active and rapidly expanding antiques market. The early history of European settlement in New York and adjacent states meant that a wider variety of goods, and items of greater antiquity, could be found here than in my native Midwest. Victorian oak dressers, tables and chairs from the 1890s are plentiful in both areas, for example, but Empire mahogany furniture from the 1830s is far more common in the East. Yet, every region has its own unique history and fascinating material culture that finds expression in the implements, furnishings and décor of local farmsteads and households and, ultimately, in the hands of collectors and dealers who acquire them at estate sales, auctions, antique shops and shows. Nineteenth century stoneware companies in upstate New York, for example, made liquor and molasses jugs and crocks with a distinctive smooth brown surface known to collectors as “Albany slip.” Redware potteries in the southern Appalachians produced an equally distinctive alkaline “drip glaze” that adorned the exterior of butter churns and other vessels.

Collecting and dealing can seem like a logical extension of the academic life. The better informed one is about a particular item, or category of antiques, the more effective one will be in the business. This can involve library research, reading antique newspapers, communicating with knowledgeable specialists (about art glass or quilts or daguerreotypes, for example), tracking down the provenance or chain of custody for particular items, studying museum collections, attending talks by experts in the field, and generally keeping tabs on the state of the market by visiting shops and shows. A bonus are the friendships that develop between dealers who regularly cross paths in the trade. There is a fellowship of the road when dealers travel to and set up display booths at the same events. One expects to lend a helping hand to acquaintances in neighboring tents and booths and to renew ties with long-time dealer friends and repeat customers. There is also a sense of suspense and excitement in the air as crowds rush forth to discover what hidden treasures might be discovered on the show field or in the show hall. No less compelling is the opportunity for specialists to meet and “talk shop,” that is, share their knowledge. It is not unusual to find fellow dealers and customers engaged in lengthy conversations about antique clocks, early lighting, weathervanes, hooked rugs, lithographs, and virtually anything else of mutual interest. In other words, going to an antique show or auction is “going to school,” continually learning one’s craft and trade. Moreover, learning about any antique in depth is to acquire knowledge of the history and culture of the people who produced it.
“Retirement” on the Antique Trail
by Robert Jarvenpa*, Ph.D. (Emeritus)

When I served as chair of the Department of Anthropology, I began each faculty meeting with a lesson for my colleagues which I called “What in the World?” I produced an object, often an antique from my own collection. The assignment was to identify the object’s age, its function or purpose, its geographical occurrence, and the ethnic or cultural identity of the people who made and used it. The faculty member who answered these questions correctly, or came the closest, was ordered to clean the carpet in my office. No, seriously, he or she won bragging rights for the day and a token award. Of course, not everyone regarded a Hostess Twinkie as a “prize.” Once this ritual was completed, our regular business would begin. I also employed “What in the World?” to whip up excitement at the start of my lectures in some of my larger classes. The students seemed to relish the moment when I flung the prized Twinkie (abandoned by an ungrateful faculty member) from my lecturn to the winner, often seated just beyond throwing range in the last row of the lecture hall.

Today I have merchandise in two multi-dealer shops, and I set up at a half dozen annual antique shows in upstate New York and occasionally in Massachusetts. My wife and expert partner in the business, Hetty Jo Brumbach, is also an anthropologist and emerita faculty of UAlbany. We offer a “general line,” that is, a mixed bag of antiques of many kinds. But we’ve also specialized in certain areas including oil paintings, country primitives, and folk and ethnic art. There is no denying that keeping track of inventory, packing and unpacking, hauling merchandise, and setting up display booths can be a lot of work. But think of it as your own private gym membership and fitness program! And, yes, storage is still a problem. If you’re looking for a new avocation in retirement, consider antiques. And if you want an anthropological perspective on an occupational subculture that defies many tenets of neoclassical economic theory, see my article: “Collective Witnessing: Performance, Drama, and Circulation of Valuables in the Rural Auction and Antiques Trade,” 2003, in the Journal of Contemporary Ethnography 32 (5): 555-591.

*Robert Jarvenpa, Ph.D., is Professor Emeritus and former Chair of the Department of Anthropology at UAlbany. His ethnographic and ethnoarchaeological research concerns ecological and social change among indigenous hunter-gatherer, herder, and agrarian communities of the Circumpolar world and Central America.

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” — Martin Luther King, Jr.

Perhaps it is better to be irresponsible and right, than to be responsible and wrong. — Winston Churchill
Volunteer Opportunities at UA

The University welcomes expressions of interest in volunteer service from emeriti faculty and staff. There are a variety of opportunities for mentoring, sharing your experience through guest presentations, and participating in campus activities. Please contact Willam Hedberg in the Provost's Office whedberg@albany.edu to discuss your particular interests.

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Ken Jacobie - CREATION Consultant

We would like the Emeriti Voice to become the true voice of our emeriti. Please send your suggestions to Ram Chugh at: ramchugh@gmail.com

In Memoriam

- Marjorie Benedict
- Alicia de Colombi Monguio
- John P. “Jack” Haggerty
- Jerome Richard Hanley
- Elizabeth T. Lauenstein
- Ben Ami Lipetz
- Donald Whitlock
- William K. Holstein
- Richard ‘Dick’ Farrell

UAEC Board Members

President: Ed Fitzgerald, Ph.D. - O'Leary Professor of Environmental Health Sciences, School of Public Health, University at Albany: 1995 - 98 and Professor Emeritus 1998 to present.

Grayce Susan Burian, MA - Emeritus from Schenectady County Community College where she instituted and ran the Theatre Program for over 20 years.

Sorrell Chesin, Ph.D. - Appointed Associate Dean of Students at UAlbany in 1965, served in several senior administrative positions thereafter, including Executive Director of The UAlbany Foundation, and retired in 2013 as Associate Vice President for University Development (Emeritus).

Ram Chugh, Ph.D. - Distinguished Service Professor of Economics (Emeritus), SUNY Potsdam and System Administration. Retired in 2013 after 43 years of service.

Teresa Harrison, Ph.D.
O’Leary Professor Communications College of Arts and Sciences University at Albany, SUNY

Robert W. Jarvenpa, Ph.D.
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Neil V. Murray, Ph.D.
Professor Emeritus Computer Science College of Engineering and Applied Sciences University at Albany, SUNY

Bonita Sanchez, MSW - Retired from the UA School of Social Welfare as Assistant Dean and Director of Field Education after 28 years of service as faculty/staff. In retirement, she continues volunteering with organizations that provide support to seniors, domestic violence survivors, and homeless teens.

Carol Whittaker, MA, MPA - has had many roles at the School of Public Health since joining as the “Assistant Dean for New Fun Stuff” in 1993. More recently she established and directed the Center for Global Health and now, retired from the NYS Department of Health.

Find out MORE: http://www.albany.edu/emerituscenter/