



Volume 1 Number 3 July 2010

FROM THE PRESIDENT

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Greetings, Retirees:

The Austin Peay State University Retirees Association (APSURA) officially completed its first year of activities on June 30, and we began our second year on July 1, 2010. This third **Newsletter** will serve as a transition from our first to second year. Please check our website to catch up on our first year's activities. (Go to APSU website, click on the A-Z Index, scroll down to and click on **Retirees Association**)

In our two previous **Newsletters** I thanked many individuals for their encouragement and help in establishing our Association at APSU. Our Administration has simply been behind us 100 %.

Every administrative office that we have called upon for information and advice has been more than cooperative and helpful. Clearly, that is what APSU is all about. And the Officers, Board members, and our retirees appreciate such a commitment by the University. It tells us that the University has not forgotten us and that we are still very important members of the Austin Peay community.

At our general membership meeting, held on April 27, 2010, the following officers and Board members were elected (July 1, 2010 to June 30, 2011):

OFFICERS

President:	Al Bekus
Vice President	Gerald Beavers
Secretary	Hester Crews
Treasurer	Al Irby

BOARD MEMBERS

Aleeta Christian
Meredith Gildrie
Ann Harris

I would like to thank Wayne Chaffin, our outgoing treasurer, for the great job he did establishing our financial guidelines for the first year.

It is also important to emphasize that the Association could not have become functional without the interest and generosity of our first-year membership. Thank all of you who became members and made a membership donation. With such loyal retirees as our base we hope to increase our membership in the coming year. We hope that many of you will complete the **Membership Registration Form** attached to this **Newsletter**. We would also like to encourage retirees to become active in the organization. We have several projects in the planning stages and need volunteers to take a leadership role in establishing them or to simply lend a helping hand in their implementation. Please notice that the Board has established a membership dues as opposed to simply a donation that we implemented for our first year. We have emphasized repeatedly that we want to have a Retirees Association that serves all retirees. One important aspect in reaching this goal is for retirees to become

members, enjoying the activities of the Association, and taking advantage of the benefits and services that we offer and are planning to offer. We actually have a very strong membership foundation to build on. For our first year we had forty-six members. We hope to increase that number to at least one hundred for the coming year. I welcome back all of our first year members who were so vital to our first year's success. I would also like to congratulate the sixteen faculty and staff who retired in the Spring of 2010, and welcome you to our ranks. We hope to see many new members for the coming year. So please join us and get involved.

Although our website describes our first year's activities, I would like to mention one specifically: our series of Retirement Seminars held this past Spring, sponsored with Human Resources and organized and conducted by Carlene Smith and Angela Judish from that office. Representatives included: ING, TIAA, VALIC, TCRS, Social Security, Retiree Insurance, and Great West. The response by faculty and staff retiring and planning to retire was enthusiastic and appreciative. Their comments and suggestions will become an integral part of the planning for the Fall, 2010 Seminars already in progress. The Board felt that sponsoring such a series of seminars was vitally important to retirees, and these seminars will now be held every Fall semester.

Please mark your calendars and plan to attend two upcoming events that will give us the opportunity to enjoy renewing old acquaintances and meeting friends and colleagues.

**Second Annual Retirees Social: All Retirees are Invited.**

Thursday, July 15, 2010 from 3:30pm-5:30pm at the Pace Center at Emerald Hills  
Our first social was a great success, so we have decided to make this an annual event. Light refreshments will be served.

**University Convocation and Picnic: All Retirees are Invited.**

Wednesday, August 25, 2010, 10:00am, University Convocation in MMC. At approximately 11:30am picnic follows the President's address in the grove of trees behind the Marks building.

**Please check our website for events and activities as we move into the Fall and Winter months.**

**You will receive a postcard for some events and activities.** Some of the activities being planned: local lunches, Roxy performances, Dinner and Nashville Symphony, establishing Retirees Scholarship Fund, Travel abroad Spring or Summer 2011.

APSURA is now a member of AROHE (Association of Retirement Organizations in Higher Education), a national organization and vital source for information and advice for retirement organizations in higher education. Perhaps in the near future our Association can be represented at AROHE's national conference, this year being held on October 14-17, 2010 at Wesleyan University in Middletown, CT. (not far from Yale University--to which there will be an excursion) This year's conference speaker will be Dr. Robert N. Butler, who wrote the Pulitzer winning book, **Why Survive?**, proposing reforms for the elderly in America. Dr. Butler is also the founding director of the National Institute of Health. He is currently the president and CEO of the International Longevity Center and Professor of Sociomedical Sciences and Health Policy at Columbia University Mailman School of Public Health.

There are several other nationally-recognized speakers, among them is Dr. Annabel Patterson, a distinguished literary scholar, and Sterling Professor Emerita of English at Yale University, publishing books on major Renaissance authors, including Shakespeare, Marvell, and Milton.

The AROHE website contains information describing the conference program as well other information about the

organization.

Describing Dr. Butler's professional background brings me to an interesting point: that the elderly are not only concerned about their physical health but about their mental health as well. Currently I have been reading in three books .

**The Mind & the Brain: Neuroplasticity and the Power of Mental Force. Jeffrey M. Schwartz, M.D., and Sharon Begley. Harper. 2002.**

**The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science. Norman Doidge, MD. Penguin Books. 2007.**

**Change Your Mind Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves. Sharon Begley. Ballantine Books. 2007.**

Any retiree who is interested in aging and the function of the brain would find these books fascinating.

One straightforward thesis is the basis of all three: **The brain is not hardwired**—which is what scientists believed until recently. The word that scientists have coined to describe the physical character of the brain is **plasticity**. The brain can change physically depending on various factors. These books reveal how the brain really works and what we can do to keep our own healthy.

Additional reading of interest:

Perhaps some of you have seen the current issue of the **AARP Bulletin** (July-August 2010, Vol. 51, No. 6) which contains an article "99 Great Ways to Save." Areas covered are Home, Health, Shopping, Travel, Cars, Taxes, and Insurance. It's worth a glance.

And finally, a website that might be of interest: **Retirement Dictionary.** <http://www.retirementdictionary.com/>

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This site is sponsored by Appleby Retirement Consulting. Its core is a dictionary of a few hundred key terms that relate to retirement planning. In addition, the Retirement Dictionary site is a portal to other resources, including research reports, legislative and regulatory news, government publications, outside articles, legal citations, tutorials and Q&As relating to IRAs, a "yellow pages" listing of outside services that can be viewed either by subject or by state, and other resources both for individuals and businesses.

"The love of retirement has, in all ages adhered closely to those minds which have been most enlarged by knowledge, or elevated by genius." Samuel Johnson, 1750

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