

RETIREE

Journal



FSU

18th in Academic Ranking

FLORIDA STATE UNIVERSITY ASSOCIATION OF RETIRED FACULTY

November 2021



Holiday Celebration

Thursday, December 16 - Dodd Hall,
Heritage Room - 3:30 PM
ARF will provide refreshments
parking in the Dodd Hall lot.



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FROM THE PRESIDENT

As some of you may know, I took an opportunity to teach for FSU International Programs in Valencia, Spain this semester. While I have enjoyed keeping my teaching skills, shall we say...in-tune, I have missed being with my ARF friends and colleagues. I want to start this article with a huge thank you to our President Elect, Kirby Kemper. Kirby made sure the Fall Luncheon with our guest speaker, Dr. Jayne Standley was a complete success. In addition, this semester he arranged for our membership to enjoy a fantastic Zoom presentation by Dr. Gregory Erickson from the Department of Biological Science. His presentation on Ice Dinosaurs was captivating. My thanks also to the ARF Board and Jimmy Cole for keeping our organization active, and productive. Congratulations are in order for our own Dr. Tom Hart. We all know Tom as the long-time editor of the ARF Retiree Journal. In October, at the Biennial AROHE National Conference, Tom was awarded a HERO (Higher Education Retirement Organizations) Innovation Award for his outstanding and inventive work on our ARF Retiree Journal and Website. Congratulations, Tom! By the way, if you wish to see and read about our organization-past and present, visit the ARF website at <https://retiredfaculty.fsu.edu/> There you will find an abundance of information about ARF and pictures from our events that we used to include in this publication.

Our spring activities promise to be appealing as we have our usual BBQ at the FSU Reservation in March and our Spring Luncheon in May. First up for the New Year is our three-day, two-night trip to Sarasota January 26 to 28. There, we will enjoy a guided visit to the Ringling Museum, see a production of OUR TOWN at the Asolo Theater (with a pre-show talk) and a visit either the Dalí Museum or the Chihuly Collection in St. Petersburg. This type of excursion is new for ARF. We have had a wonderful response. If you wish to sign up, time is of the essence. We are in the final stages of preparation. The bus is secured, hotel rooms are blocked, the tickets are held, and we are ready to go! If you have any questions, do not hesitate to contact me at lgerber@fsu.edu You may also contact either of the two committee members who have worked so hard on this project, Jill Adams or Jimmy Cole. This promises to be a fun, informative and exciting trip.

If you haven't yet renewed your ARF membership, or wish to become a new member, please send a check to our Treasurer. Also, now is a good time to think about supporting our scholarship efforts with a donation to the Southern Scholarship Foundation and the Bernard Sliger Presidential Scholarship Fund. Let us keep vital, active, and always moving forward. Best wishes to all, now

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Larry Gerber
ARF President
2021-22
FSU Professor
Emeritus

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MASTER CALENDAR OF EVENTS
Association of Retired Faculty
The Florida State University
2021 - 2022

Membership News

Holiday Celebration

December 16th at Dodd Hall, at 3:30 pm

Board of Directors

Tuesday - January 4, 2022
2:00 p.m., Beth Moore Lounge,
Longmire Hall

Nominating Committee

Tuesday - January 4, 2022
Following Board of Directors
Meeting Beth Moore Lounge

Retiree Journal

Monday - January 18, 2022
(Submit articles for February
Issue)

Board of Directors

Tuesday - March 1, 2022
Beth Moore Lounge, 2:00 pm
Longmire Hall

Barbecue

Wednesday - March 23 or 30, 2022
FSU Seminole Reservation
11:30 am

Spring Luncheon

Tuesday - May 3, 2022
FSU Student Union
11:00 am Social; Noon - Lunch

**Joint Board Meeting (Exchange of
Materials)**

Tuesday - May 17, 2022
Heritage Museum - 2:00 pm
Reception - 3:00 pm

Welcome back to all of you who have renewed your membership for the new year! And thanks to all who have touched base to make sure their dues were up to date. We are always glad to check our records.

Our membership now stands at 97 households, including 5 new retirees. During the first week of September, with lots of help from Jimmy Cole and his staff, I mailed each new retiree an invitation to join ARF. As soon as we can get their email addresses we will shoot them an email reminder, but in the meanwhile, if you know a new retiree, encourage them to join us and to come to the Fall luncheon.

We also were rediscovered by 5 households who forgot to renew in 2020 but have since rejoined our ranks. If you notice someone who has been missing for the last year, give them a nudge. (I'm not sure how you would notice they were missing with so little face-to-face interaction, but so many of you have superpowers that I know some of you can think of folks who are temporarily missing in action).

I have appreciated queries from our membership about welcoming retired faculty from other universities and even from professional positions at FSU who have somehow fallen through the cracks. Keep up the good work, and feel free to contact me at any time (bettyserow@yahoo.com).

I look forward to seeing you all in person at the luncheon.



Betty Serow, Chair
Membership Committee
bettyserow@yahoo.com

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ASSOCIATION OF RETIRED FACULTY MEMORIALS 2021 - 2022



Holiday Celebration

Holiday Party December 16 in the Dodd Hall, Heritage Room, at 3:30 PM. We will have refreshments and goodies to eat so please make plans to attend. There will be parking in the Dodd Hall lot.

The President will not be hosting a Holiday Party this year.

Roslyn Pfeffer January 12, 2021 (Wife of Faculty)

Carolyn Odom Reynolds April 22, 2021 (Staff)

Richard Butler Gray April 24, 2021 (Faculty)

Richard L. Rubenstein May 16, 2021 (Faculty)

Wayne Keith Gwaltney May 29, 2021 (Faculty)

Persis Emmett Rockwood May 31, 2021 (Faculty)

Glen H. Doran June 10, 2021 (Faculty)

Lyn Kittle June 13, 2021 (Staff)

Winifred Claire Wathen Bowyer June 24, 2021 (Staff)

J.D. "Jay" Rayburn July 12, 2021 (Faculty)

Warren Henry Schoenfisch July 26, 2021 (Faculty)

Robert (Bob) Branson July 28, 2021 (Faculty)

Roy Clifford Herndon August 1, 2021 (Faculty)

Cecelia Fahn Linder August 2, 2021 (Wife of Faculty)

Edward Knox Mellon, Jr. August 8, 2021 (Faculty)

Wilma Rosenbloom August 11, 2021 (ARF)

Ann Warner Choppin August 12, 2021 (Wife of Faculty)

AROHE *Hero Innovation Award*

By Tom Hart

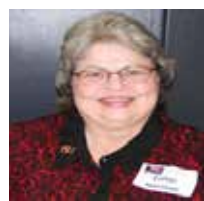


I was honored to receive one of three Association of Retiree Organizations in Higher Education (AROHE) Hero Innovation Awards for 2021. This award is for the ARF Retiree Journal, which I have edited since 2005 and for the ARF Website, which was created in early 1990's. I have provided the Newsletter, Journal and Special Features content for the Website.

The Arizona State University Retirees Association (ASURA) won for its Video History Project. They record retiring faculty and add the videos to their Retirees Website.

The Northwestern University Emeriti Organization (NEO) won for thier Mini-Courses for residents of Evanston and surrounding Communities.

IN MEMORIAM



If any member learns of a death that does not appear in the Tallahassee Democrat, please let the Memorial chairs know about the death and their name will be added to our list.

Thank you,
Tom & Esther

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Association of Retirement Organizations in Higher Education (AROHE) Virtual Conference

Fanchon (Fancy) Funk and AROHE through the years

Marie Cowart was President of ARF and she suggested that we join AROHE. In 2008 she put AROHE on the agenda and the ARF Board voted to join, and to send me (I was actually the one who did all of the background work the summer of 2008 and even discovered there was an organization such as AROHE). Spent hours searching and searching. Finally, this word or acronym, I was not sure at first, AROHE popped up in some university that I was searching and from there the rest is history.

Association of Retirement Organizations in Higher Education



AROHE is the first stop for college and university administrators, retiree organizations, and individuals seeking to serve and engage their retired faculty and staff.

AROHE gathers, disseminates, and fosters transformative theory, practices, and programs for all stages of faculty and staff retirement – the preparation, the actual transition, and post-retirement programming – to bring about a smooth and productive life-course change.

AROHE also assists in the formation and ongoing development of campus-based retiree organizations, which are essential to the intellectual, social, and physical well-being of retired faculty and staff.

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These organizations deliver added benefits: they ensure the continued loyalty of faculty and staff while channeling their seasoned expertise and abilities into continuing innovative engagement with their institutions post-retirement.

By pooling the successes of its member organizations AROHE has developed a vibrant culture of optimal aging within this vitally talented cohort.

AROHE is governed by its Board of Directors and its bylaws.

HISTORY OF AROHE

AROHE was incorporated in 2002 as a public-benefit, nonprofit 501(c)3 organization with the goal of advocacy in optimizing the lives of retirees from colleges and universities through retiree organizations at higher education institutions. AROHE was formed to recognize the uniqueness of retirees from higher education and to spearhead the movement by colleges and universities to organize this resource.

AROHE evolved from 15 years of informal conferences hosted by individual universities and was significantly influenced by the longstanding, successful retiree organizations established at some large universities such as Florida State University, Emory University, Clemson University, UCLA, UC Berkeley, University of Southern California, Indiana University, and the University of Washington. Through member networking and biennial conferences, AROHE continues to provide ongoing opportunities for member networking and sharing of successful practices and programs.



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MISSION STATEMENT

AROHE champions transformative practices to support all stages of faculty and staff retirement, the mutually beneficial engagement of retirees with one another and with their institutions, and their continuing contributions to campus and community life.

By sharing research, innovative ideas and successful practices, AROHE supports the development and enhancement of campus-based retirement organizations and programs which support retirees' lifelong engagement in higher education.

The Planning Committee co-chairs and subcommittee chairs, 2021 AROHE Conference:

Sue Barnes, UCLA, co-chair

Joyce Tenney, University of Baltimore, Maryland County, co-chair

Abby Baker, Arizona State University, tech support chair

Ayesha Dixon, UCLA, social/networking events chair

Fanchon (Fancy) Funk, Florida State University, awards/recognition co-chair; chair, Changemakers Subcommittee

Hoke Hill, Clemson University, awards/recognition co-chair

Caroline Kane, UC Berkeley, sponsorships chair

Jessica Kauphusman, Winona State University, communications chair

Susan Kress, Skidmore College, program co-chair

Gretchen Schulz, Emory University, program co-chair

William Verdini, ASU, AROHE President



AROHE HERO AWARDS

AROHE HERO (Higher Education Retirement Organization) Awards bring national recognition to the outstanding efforts of retirement organizations in higher education and the individuals that are transforming retirement practices and/or influencing creative life of the mind activities on a wider scale.

Three Award Categories were established for the 2021 AROHE Conference with a total of five recipients. Three recipients were recognized for the HERO Innovation Award Category. The two new Award categories were the Distinguished Service Award, which recognizes one individual for significant contributions and service to his/her institution's retirement organization and the Distinguished Leadership Award, which recognizes one individual for significant contributions, distinguished leadership and service to AROHE.

2021 HERO AWARD WINNERS

The 2021 awardees were recognized during the 2021 virtual conference. AROHE is very grateful to Carol Pope, Kennesaw State University Retirees Association, for producing the awards video..



Distinguished Leadership Award

This award recognizes one individual for significant contributions, distinguished leadership, and service to AROHE.



Distinguished Service Award

This award recognizes one individual for significant contributions and service to his/her institution's retirement organization.

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This award recognizes a retirement organization's innovation in programs, services or initiatives that strengthen the value of the organization to its members, institution, or community.

Distinguished Leadership Award



The 2021 recipient of this award is Dr. Janette C. Brown, University of Southern California Emeriti Center and Emeritus College. Dr. Brown is being recognized for her long and productive service as the former Executive Director of AROHE as well as her continued activities in support of AROHE's mission. Her leadership in promoting the development of many successful retirement organizations and programmatic practices has had an extensive impact on AROHE and its member organizations.

Distinguished Service Award



The 2021 recipient of this award is Dr. Sheldon Zedeck, University of California Berkeley Emeriti Association (UCBEA). Dr. Zedeck is being recognized for his broad and extensive service to the UCBEA. He has led the development of an Emeriti Academy which operates as a think tank, a research hub, and a student mentorship resource. He has also been instrumental in enhancing UC Berkeley's pre-retirement planning programs and leading an effort to videotape retired faculty discussing their careers.

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The December 2021 Board Meeting will determine the Theme for the 2022 Conference which will be hosted at the University of Southern California. By the way, FSU was represented by Fancy at the 2008 Conference, our first AROHE Conference to send a representative from ARF to attend. This biennial conference was also hosted at USC... twenty years ago.

Themes for AROHE's previous conferences:

- 2021—Re-Imagining Retirement: Let us Boldly Go (virtual conference)**
- 2020—Transforming Retirement: A 360° View (cancelled due to pandemic)**
- 2018—Re-creating Retirement: Connect, Serve, Celebrate!**
- 2016—Transforming Retirement: Re-writing Life's Next Chapter**
- 2014—Colleges, Universities and Retirees: Building Connections**
- 2012—Innovations for the Next Decade: A Triangle of Adventures in North Carolina**
- 2010—Purpose & Passion in Retirement: Models & Best Practices**
- 2008—Retiree Organizations in Higher Education: Values & Opportunities**
- 2006—Retiree Organizations in Higher Education: Building on Experience for an Innovative Future**
- 2004—Retiree Organizations in Higher Education: Connecting to the Future**

ARF members have contributed to AROHE in many ways, such as writing articles that have been accepted and published in the AROHE newsletter: AROHE Matters, serving on committees, attending AROHE Webinars, serving in administrative positions and more.

ARF writers over the years have included Larry Gerber, Tom Hart, Fanchon "Fancy" Funk, Carolyn Shackelford and our latest article, submitted on behalf of Nancy Turner for consideration for publication. Past President Carolyn Shackelford's article appears below and was published in AROHE Matters, March 2021. The ARF Journal is sent to all AROHE Board Members, who distribute to their Retirement Organizations members and other institutional members throughout North America.

Retiree Opportunities for Continued Engagement

Florida State University (FSU)
Association for Retired Faculty (ARF)



VIRES, ARTES and MORES are the Latin words for strength, skill and character found within the FSU Seal. Since I retired in 2003, I have become aware of some of the "service" contributions many of my fellow FSU Retirees continue to make even in retirement. They may continue to serve as educators, donate financially, volunteer when and where needed, spend time with individuals in need of companionship, etc. The services retirees provide after retirement are too numerous to list. The following are a few I am aware of:

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- A retiree from the College of Social Science, teaches classes on genealogy, writes newsletters, and serves on numerous committees, all while continuing to support his former FSU department.
- A former psychology professor is a talented artist in woodworking in numerous forms. He donates many beautiful pieces for charitable causes, while continuing his support of an endowment to sponsor an annual scientific lecture and personally providing funds to endow annual awards to loyal staff members and outstanding undergraduate and graduate students in the department.
- A former dean keeps busy with all manner of committee work and as a volunteer lecturer, while utilizing her medical knowledge to advise on many issues involving care for aging adults.
- Several former department administrators serve as docents for the presidents' house and other university venues.
- A number of former administrative staff continue to serve on university committees and boards.

Even though ARF has not been able to meet recently due to pandemic restrictions, many of our current members are continuing the FSU mission to serve. We are hopeful that the newest associates who have joined the FSU retiree ranks will join us in the near future, not only in our virtual ARF programs, but our “real life” activities.

“Vires, Artes and Mores” will continue to remain as a reminder of the value FSU retirees bring to their community in retirement.

Carolyn Shackelford
FSU ARF President 2020-21, cshack@centurylink.net

In closing, we choose to honor Dr. Tom Hart, Editor, ARF Retiree Journal, for having been selected as one of three winners of an Innovation Award through the competitive Awards and Recognitions Committee process. This process is open to all members of AROHE throughout North America. We are so very proud of Tom and ARF. We look forward to the future as more and more ARF members at Florida State University become involved in AROHE. It is also appropriate to mention other FSU ARF members and alums who participated in the 2021 Conference: Dr. Evelyn Ploumis-Devick who introduced a student of hers and AROHE keynote speaker and VP of AARP. Dr. Jean Accius (an FSU Alum), and FSU Alums Christopher Iansiti and Wyatt Brooks who served on the Awards and Recognition Committee, co-chaired by Fancy and Professor Hoke Hill from Clemson University

Thanks to Dr. Marie Cowart (ARF President, 2008-2009), ARF, an unknown retiree association to AROHE, established at FSU by President Bernie Sliger in 1979. Dr. Sliger brought the idea from Louisiana State University, which moved ARF to become a leader in AROHE.

And, who knows, in the future FSU may be selected to host the AROHE International Biennial Conference on the FSU Tallahassee Campus. We have so much to offer. We can certainly do this. If you are interested in serving on an AROHE committee and in a future administrative position with AROHE, please let Fancy (ffunk@fsu.edu) or AROHE know (arohe.org or contact AROHE by emailing info@arohe.org or calling (213) 740-5037).

Come Join Us in Transforming Retirement

**IDEAS *from an* AROHE Virtual
Conference Attendee
By Jill Adams**



**Association of Retirement
Organizations
in Higher Education**

Jill Adams and AROHE Conference 2021

Wow! Two more firsts for me during this Covid era. 1) I attended my very first virtual conference, and 2) that conference was my first time joining an AROHE program. I've heard of AROHE from our Board member Fancy Funk, but I really didn't have much knowledge about what they do or what they could offer our ARF organization. Actually, I had to look up the acronym three times before committing it to memory – Association of Retirement Organizations in Higher Education. It's a mouthful – hence, AROHE! This year's conference was titled REIMAGINING RETIREMENT – LET US BOLDLY GO... As you might assume, it boasted a Star Trek theme.

This was the first time the organizers offered a virtual conference, so there was a lot of planning and hard work that went into it, but it all came off without a hitch (well, maybe a couple technical ones here and there).

Normally, when I attend a conference, I'm in another location other than my living room. Going to another site makes it much easier to be involved in the sessions, getting to meet and know the other participants one-on-one, and getting the all-important coffee break! Unfortunately, being at home was a bit distracting. My husband was out of the country during the conference, so I packed up our two dogs and headed to Panama City Beach for the week! Little did I realize that there would be so many things to pull me away from

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attending more of the sessions. I had to walk the dogs 4 times/day, I was enrolled in two OLLI (Osher Lifelong Learning Institute) classes, I had lunch plans with friends, and I had the beach and swimming pools outside my door!

The first day started off with the Keynote Address #1 – REDEFINING AGING, TRANSFORMING MEDICINE, REIMAGINING LIFE, by Dr. Louise Aronson, Geriatrician and Professor of Medicine, UC San Francisco. It was an inspiring talk, but also a bit scary. The presentation challenged the way we look at aging, and the way we think and feel about medicine. The scary part was realizing that most people today will spend more years in elderhood than they did in their childhood, but there are very few geriatricians from whom we can seek help for our medical needs. My own family practice doctor of over 40 years retired a couple years ago, and I'm having a hard time getting used to a new, younger doctor. I asked Dr. Aronson if I should seek out a geriatrician in Tallahassee to be my primary? She responded, "absolutely, if you can find one!" They seem to be in short supply around the nation, but with the increased numbers of seniors in the country, more doctors are now being trained in that field. Very enlightening.

But, the real reason I participated in the conference this year was (drum roll, please)... to cheer on our very own Dr. Tom Hart, who won the Hero Innovation Award for the "award winning" FSU ARF Retiree Journal! It was such a pleasure to be there to cheer on our Editor, Tom as he received his trophy, commemorative wine bottles, and a \$100 check, which he graciously donated to the ARF Scholarship Fund.

Throughout each day of the conference, they offered "Speed Networking", which is kind of like Speed Dating, only without the date! You'd be paired with someone to talk with for about 4 minutes, then you'd switch and talk to someone new. Nice concept, but I didn't get a chance to do it. They also had the Holodeck Hangout, which I think is a reference to Star Trek, but you couldn't prove it by me. The Hangouts offered musical breaks, relaxation breaks, and energizer breaks – whichever you were in the mood for at the time.

Another session I attended was RETIREE TRAVEL PROGRAMS: LEARN AND EARN TOGETHER, by Sue Barnes, UCLA and Cherie Hamilton, University of Minnesota. I really enjoyed this talk as I truly love to travel, as I'm sure a lot of you do, too. They talked about different ways their universities pulled together travel programs, both short weekend trips in the US, and longer trips abroad. They are interested in getting an AROHE Travel group organized so educators from all across the US, who have similar interests and backgrounds, can travel together on organized journeys, usually by travel companies (i.e. Collette).

Another takeaway I got from the University of South Carolina, is their weekly Faculty Emeritus luncheons. They are very informal, where each person pays \$5-7 for a bag lunch, (picked up from a local deli by a staffer), and they all get together in a large conference room to eat, chat and brainstorm about ways in which they can help their community/university. I know FSU has a lot of Emeritus Faculty, but I don't know that they regularly get together, except maybe on a park bench around Lake Ella.

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The last session I attended was NEVER TOO LATE: LIFELONG LEARNING (AND TEACHING), by Ron Gould and Gretchen Schulz, Emory University.

Basically, they wanted everyone to know it is the pleasure of the learning that ensues that turns “growing old” into “growing while old”.

FSU is very lucky to have one of the 123 OLLI Programs that operate across the US. I have recruited several of our FSU retired faculty to teach an OLLI course to seniors (55 or older), so we can all continue to learn about things that are of interest to us. More and more retired faculty should investigate teaching, on a much more casual scale than at the University level, to folks who want to hear what you have to teach them. Also, sign up for a class to learn about something you know nothing about! It’s all about learning new things (via Zoom or in-person), socializing, getting out into the fresh air with field trips and tours, and It’s the best way I’ve found to get from Monday to Friday each semester.

The conference ended with a talk by the AROHE President William Verdini, LET US BOLDLY GO – PLANS FOR 2022 AND BEYOND.

Dressed in his finest Star Trek couture, he introduced Captain’s log, stardate 10142021 – seeking out plans for new ideas, infinite new programs, and to “boldly go” forward in an effort to transform retirement in higher education.

So, all in all, it was a great conference. I’m sure I would have gotten a lot more out of it if I had attended in person, but I’ve learned that we have to be grateful for what we have. Which is how I feel about our FSU Association of Retired Faculty for allowing me to keep in touch with such valued friends and colleagues. GO NOLES!



Association of Retirement

Organizations

in Higher Education

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INVOLVEMENT *in* AROHE *over the* YEARS

By Tom Hart



**Association of Retirement
Organizations
in Higher Education**

Tom Hart and AROHE through the years

My adventure with AROHE (Association of Retirement Organizations in Higher Education) began 4 years ago, when I served on a committee to select the winners of the AROHE HERO Awards for the 2018 Conference at Emory University in Atlanta. It was all done through Conference Calls, and I had collegiality with 4 other Retirees from all over the Country.

I applied for ARF to get an Award for our Journal and Website. I had to recuse myself from the final vote and was told later that we came in 4th and 3 were selected. I was not disappointed, because I was competing with retired faculty from Harvard, Berkley, Arizona State, etc.

I was selected to make a presentation at the Conference concerning our ARF Journal and Website and ARF paid my way to the Conference. My wife and I attended the Conference and the fabulous Emory Conference Center, in a huge woods on the Emory Campus. They had arranged tours for spouses and my Wife enjoyed them. I made my presentation to an overflowing audience and shared copies of our Journal. Also there was a time to visit and converse with attendees at our ARF Booth.

On the following pages are the AROHE Hero Award Winners for 2018 & 2019. There are many ideas we can implement for ARF since they applied for and received these awards.

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Summary of 2018 AROHE Hero Awards

The Following were submitted for consideration:

Arizona State Innovation
Clemson Innovation
Florida International AROHE Award
Northwestern U Innovation
San Jose State Univ Innovation
Skidmore College
Townson Univ Innovation
UC Berkley Innovation
UNC Chapel Hill Innovation
Wisdom Institute

Winners:



Arizona State University

**ISEP (International Science &
Engineering Fair)**

AZ Preparatory Program

This ground-breaking initiative involved extensive partnerships among the ASU Emeritus College, University of Arizona faculty, corporations, Arizona Science Center, and other science fairs. The program achieved demonstrable results, with an increase in the number of Arizona students winning awards. Extensive details on organization of the Contact the [ASU Emeritus College](#) to request materials to jump-start similar programs.

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Emeritus College

Language Skills Program

This program serves international graduate students across academic programs. Emeriti provide mentoring and preparation for the Clemson English Speaking Proficiency (CESP) test which is used to determine if the student has the English language skills needed to be a teaching assistant. AROHE members can review an *AROHE Brief* on this project on the [Knowledge Center webpage](#).



Council of UC Retiree Associations

Comprehensive Retiree Survey

This comprehensive survey of UC retired staff demonstrates the value that retirees bring to the UC system. The published report “[UC Retirees: Advocates, Ambassadors, Assets](#)” has been shared widely with UC administrators and has been successful in advocating for increased support and recognition of retired faculty and staff. AROHE members can review an *AROHE Brief* on this project on the [Knowledge Center webpage](#).

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2021 AROHE Hero Awards



FSU Association of Retired Faculty

Retiree Journal and Website

With help from the Florida State University Association of Retired Faculty (ARF) board members, ARF Journal Editor Tom Hart has been responsible for transforming the retiree newsletter of earlier years into [a high-quality multi-page journal](#) with color photos, articles about ARF events, and special feature articles. The ARF journal and a companion website have been extremely useful tools for the association in providing information on current and future issues and providing an opportunity for members and friends to access the historical record of the association's activities, events, and photos.

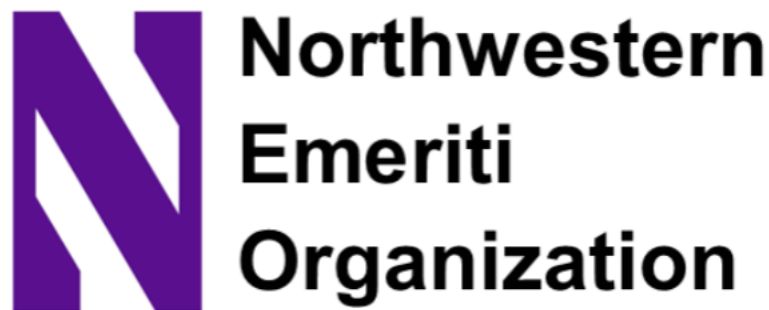
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Video History Project

The [Video History Project](#) of the Arizona State University Retirees Association (ASURA) collects and makes available in the ASU Library Digital Repository video interviews with people who have a significant history with Arizona State University. The project, managed completely by ASURA retirees, has already proven to be extremely valuable in compiling the history and development of Arizona State University by capturing interviews of a broad collection of retirees.

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Community Mini-Courses

The Northwestern University Emeritus Organization (NEO) developed non-credit, no-charge [“mini-courses”](#) for emeriti and residents of Evanston and surrounding communities. These classes leveraged the expertise of Northwestern emeriti across the full spectrum of disciplines, “giving back” to the community and helping strengthen relations between town and gown. Offerings to date have generated most impressive attendance numbers with enthusiastic interest and very positive reviews.

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FALL LUNCHEON



Kirby Kemper, Carol and William Weisert, Marie Cowarts



Sanford Safron, Georges Weatherly



Genevieve Scott, Marge Masterman



Tonya Harris, Fancy Funk, Natholyn Harris



Marietta Schroeder, Betty Serow, Sherry Hart, Ivy Mitchell



Ed Shroeder, Sherrill Ragans



Joan MacMillan, Bryan and Nancy Goff



Pat Martin, DeWitt and Neddy Sumners



Evelyn Shelley, Jim Melton, Sue Hall, Jim Joanos



Betty Lou Joanos, Florence Ashby

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Marian & Walter Moore



Charles Nam, William Weissert



Jayne Standley
(guest speaker)



Todd Queen
(Dean of Music)



Bert Altman, Tom Hart



Rae Roeder, Gloria Priest



Freddie Groomes-McClendon,
Jimmy Cole



Kathy Bronakowski, Nancy
Turner



, Tom Harrison, Todd Adams



Ruth Pryor



Kirby Kemper
(President-Elect)



Janet Kistner



Tom Hart Presenting \$100 Check to ARF
as an Award from AROHE



AROE Innovation Award to ARF
for ARF Journal and
Website



Jill Adams
(Photographer)



Pete Cottrell
(Pianist)

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the **POWER of MUSIC with INFANTS**

By Dr. Jayne Standley

Music Therapy to Facilitate Feeding Skills of Premature infants: The Power of Music

Due to neurologic immaturity, premature infants must be fed by tube until approximately 34 gestational weeks and many have subsequent problems with transition to oral feeding. In the United States, infants whose only problem is ineffective feeding remain in the Neonatal Intensive Care Unit at an average cost of \$2000/day until independent nipping with regular weight gain is achieved. This is a serious and prevalent problem that increases medical costs and risk of developmental delays. Research shows that infants generally thrive more in the home with home-based nursing support and medical monitoring than in the hospital and the earliest possible discharge date is preferred. The appearance of the non-nutritive sucking reflex is an indication of physiologic maturation that can be affected by learning experiences. One learning experience, music reinforcement activated by pacifier sucking, can facilitate feeding ability of premature infants. Contingent music for non-nutritive sucking increases sucking frequency, duration, and endurance leading quickly to proficient nipping and earlier discharge. This article discusses the feeding problems of premature infants and provides an overview of the research and the clinical applications of using contingent music to facilitate feeding.



At 34 gestational weeks, premature infants can use the PAL (Pacifier Activated Lullaby) system that uses music to reinforce sucking responses and promote independent nipping.



Music combined with positive touch promotes beneficial neurologic wiring during NICU care and mothers who learn the procedure feel empowered in helping their infants thrive.

NOVEMBER 2021



Recorded or live passive music listening is used to reduce infant stress related to painful medical care.



Music activities are used to teach developmental milestones following discharge of premature infants..

**Musical Development &
Learning Characteristics
of Students - Key Points
From the Research by Age**

Development involves progressive changes in knowledge and abilities that occur across the life span. Current research on musical abilities suggests that the development of skills necessary for musicality begins in utero and continues through adulthood. Many of these skills, such as the ability to carry a tune, move in time to music, and respond emotionally to music, progress as part of normal cognitive maturation and development. Others, such as explicit musical knowledge and musical performance, require in-depth learning and practice for future musical development to occur. This article provides a compilation of key musical developmental milestones and learning characteristics from prebirth through adolescence gathered from the research literature. A brief summary of relevant information is provided, as well as charts outlining specific points from the literature.



Some premature infants have medical complications that cause them to be hospitalized for many months. Music therapy provides stimulation and promotes developmental objectives.



Severely premature infants cannot be touched except for medical care but can be soothed with passive lullaby listening to reduce stress and mask the constant noise of medical machinery..



Dr. Jane Standley (ELLA SCOBLE OPPERMAN AND ROBERT O. LAWTON DISTINGUISHED PROFESSOR - DIRECTOR OF MUSIC THERAPY), Ph.D., MT-BC, NICU-MT is a Robert O. Lawton Distinguished Professor at The Florida State University and the Ella Scoble Opperman Professor of Music with a courtesy appointment in the College of Medicine. She directs the Music Therapy program at FSU, the National Institute for Infant and Child Medical Music Therapy which awards the NICU-MT national certificate, and the Medical MT and Arts in Medicine Programs in partnership with Tallahassee Memorial HealthCare. She teaches both graduate and undergraduate courses in Music Therapy Methods, Medical Music Therapy, Music in Counseling, and the MT Research Seminar. She is an internationally acclaimed researcher and has published extensively in music in learning and music in medical settings with refereed publications appearing in nursing, early childhood, and music therapy journals. Most recently, she has specialized in research studies investigating music therapy to facilitate medical treatment and early intervention with premature infants in the Neonatal Intensive Care Unit. Dr. Standley is the inventor of the Pacifier Activated Lullaby device (PAL) that has FDA approval to teach feeding skills to premature infants and is commercially available through Powers Device Technology.

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Effective with the by-laws that were adopted three years ago, ARF's fiscal year is now defined as June 1-May 31. New memberships and membership renewals received anytime between these dates apply only to the current fiscal year. For example, if you join ARF for the first time, or rejoin ARF after a lapse or renew your membership at any time after June 1, 2021, and before May 31, 2022, the membership is valid until May 31, 2022.

Because our accounting system is not very sophisticated, based as it is on a simple Excel spreadsheet, it is not possible to accept new memberships or renewals for the next fiscal year in advance. In other words, you will not be able to join ARF for 2022-2023 or renew your membership for 2022-2023 prior to June 1, 2022.

This raises the issue of members who make multiple payments during the year. Because of the above policy on advance renewals, these overpayments cannot be applied to the following fiscal year. A number of years ago, the ARF Board addressed the question of overpayments and multiple payments during a fiscal year,

The Board adopted a policy against refunding overpayments or multiple payments of membership dues. This decision was made because of the accounting challenges involved given our simple accounting system and the mailing costs. Instead these overpayments and multiple payments are treated as donations to ARF. Keep in mind, however, that because we are not a 501(c) 3 organization, these donations are not tax-deductible.

If you are ever in doubt as to whether you have paid dues for the current year, please do not hesitate to contact me by email to inquire. It takes very little time and effort on my part to check your status and to respond to you, and unless I am out of town and away from my records, I will respond quite promptly. My email address is tmccaleb@fsu.edu, and I'm always happy to hear from you and to answer any questions or address any problems you might have about ARF. I prefer to communicate by email for those members not having access to email, my telephone number is (850) 933-7653.

Submitted by Tom McCaleb, Treasurer
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*For the February issue
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 Monday, January 18, 2022
 to: thart@fsu.edu*

This issue of the ARF Journal continues a new era. We coordinate with the FSU Printing Department Staff to make sure the Journal is current in appearance.

We are also continuing to include photos of Officers and Committee Chairs with their articles. These features have been added to help with any historical research in the future, since this information is added to our Website for each issue.



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NOVEMBER 2021**



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