



NEWSWATCH

Vol. 2024-2025 No. 8

April 2025

Next meetings:

3:30 p.m., Thursday, May 8, at St. Mark's United Methodist Church
11:30 a.m., Wednesday, May 14, at Meadowood

May brings fêtes as well as flowers

The IURA will end the academic year with not just one but two special events. On May 8, at St. Mark's United Methodist Church, a panel will examine Bloomington's history and culture as part of a group discussion of this place we call home. Panelists are **Jim Madison, Glenda Murray, and Scott Russell Sanders**. The event, from 3:30 to 5 p.m., is titled Conversation + Dessert. If you are willing to bring a dessert for six to eight people, please contact IURA President **Perry Maull**, pjmaull@iu.edu, or Vice President **John Schilb**, jschilb@iu.edu. Desserts can be store-bought or homemade.

May 14 ushers in the 11:30 a.m. luncheon buffet at Meadowood. To reserve a place, please use the reservation form on the IURA website, which also gives the menu. Payment of \$25 per person must be received by no later than April 29, and only the first 75 reservations can be accommodated.

Top secret of super-aging: MOVE!

When **Michelle Miller** revealed the seven secrets of super-aging at the April 9 meeting of the IURA, she stressed one above all: move! About 75 people in the Peterson Room and on Zoom followed her advice as she mixed pointers with exercises.

Movement improves brain function, boosts the immune system, reduces chronic inflammation, improves sleep, reduces the risk of debilitating diseases, helps us deal with stress, and provides opportunities to interact with others. It's cheap and safe. Studies suggest that regular exercise reduces the risk of developing dementia by 28 percent.



Highly effective super-agers have these seven habits.



After the meeting, Michelle Miller assured Martha Wailes, left, and Libby DeVoe that pets, both real and virtual, can provide important social connections.

Miller urged retirees to train their brains through novelty and challenge. Do mind math, she advised, or learn a new sport. She also emphasized the importance of social connections. "Humans are innately social creatures," she said, and being with others releases "feel good" endorphins.

You can view her slides on the IURA website, where a video recording is also available.



At the April 9 annual meeting, new IURA board members were elected: from left, Nan Brewer, Jan Hillier, Gary Wiggins, and Kip Smith.

Remembering our friends

At least twice a year since 2008, Newswatch memorializes members who have died since the last listing. Because of space limitations, only IURA members can be included. A complete list of obituaries since 2008 is listed on the IURA website. Please notify me (jschroed@iu.edu, 812-332-5057) of any errors or omissions.

— Judy Schroeder, Newswatch Editor

Joseph Arnold Franklin died in Bloomington on Dec. 9, 2024. He was 87. A Bloomington native, Joe earned a BS, a JD, and an MBA from IU. In his senior year he was president of the Student Foundation. He began working for IU in 1970. He served as director of governmental relations. He later worked at the IU Foundation and retired in 2004. Joe enjoyed hiking and playing golf and tennis and was an avid fan of IU football and basketball. Joe's father, longtime IU treasurer Joseph Amos Franklin, was one of the founders of the IU Annuitants Association, the precursor of the IURA, serving as its first secretary-treasurer in 1975.

Mary Baile Goetze died in Bloomington on March 24. She was 82. Born in Warrensburg, Mo., she earned a BM at Oberlin College Conservatory of Music, an MM at IU, and a PhD at the University of Colorado. Both Oberlin and Colorado named her a Distinguished Alumna. She was the first director of the IU Children's Choir and founded the International Vocal Ensemble at IU. She collaborated in writing two books widely adopted by music teachers in U.S. schools, and she cofounded the Mountain Lake Colloquium, a biannual conference for teachers of music. She headed IU's Music in General Studies program. In 1991 she received the IU President's Award for Distinguished Teaching. After her 2007 retirement, she helped start the Kids Absent Parents program, which led to her being named Bloomington's 2019 Woman of the Year. She was a Court Appointed Special Advocate (CASA) volunteer and fostered kittens for the Animal Shelter. Her husband Robert Althaus, professor emeritus of sociology, survives her.

Lora Dunbar Johnson died on Jan. 11 in Bloomington. She was 101. Lora was born in New Haven, Conn., and earned a degree in childhood development at Vassar College. After her marriage, she moved with her professor husband to Lawrence, Kansas, and Atlanta, Ga., before coming to Bloomington in 1972. For many years she sang in the choir of what is now the First United Church and volunteered in church activities. Lora was skilled in needlework and a member of the Embroiderers Guild. She was active with the University Women's Club and Psi Iota Xi philanthropic organization. A fan of IU soccer and basketball, she attended games well into her 90s. Her husband, Sid, professor of Germanic studies, died in 2003.

Mary Katherine "Kate" McClain Kroll died in Bloomington on Dec. 24, 2024. She was 97. Born in Hagerstown, Md., she graduated from Frostburg (Md.) State Teachers College. She came to Bloomington in the early 1950s and taught at Head Start, Hoosier Courts Nursery School, and Children's Corner. For more than 50 years she hosted international students through Bloomington Worldwide Friendship. She organized New Year's Eve parties for the University Club and was U Club president from 1999 to 2001. She was an elder at First Christian Church and a Meals on Wheels volunteer. She was a member of Psi Iota Xi and the Bloomington Garden Club. Kate was on the IURA board from 2003 to 2006 and served as president in

2004-2005. Her husband, Bill, executive director of IU Radio and Television Services and IURA president in 1998-99, died in 2012.

Carol Carew McGregor died March 25 in Bloomington. She was 82. Born in Wilmington, Del., she graduated from Wellesley College and earned a master's degree from Syracuse University. She worked at Chatham College, Syracuse University, and two Maryland community colleges before moving to Bloomington in 1973. For 15 years she taught advanced math at Bloomington High School South. In retirement she supervised student-teacher practicums for the IU School of Education. Carol was an officer in Sorosis, Friday Musicales, the League of Women Voters, and the Bloomington Garden Club. She served as a docent at the IU Art Museum and played golf with the IU Women's Golf Association. She enjoyed tennis and bridge and was an active member of First Presbyterian Church. Her husband, Bill, professor emeritus at the O'Neill School of Public and Environmental Affairs, survives. He was a member of the IURA board from 2016 to 2019.

Lorna "Lou" Lingren Moir, 90, died in Bloomington on Feb. 21. She was 90. Born in Wausa, Neb., she graduated from the University of Nebraska. After living in Iowa and Illinois, Lou came to Bloomington in 1975. A skilled seamstress, she taught high school home economics before becoming an academic adviser at IU and a staff member in the Groups Program. In retirement she volunteered as a Student Advocate. Lou was an elder at First Presbyterian Church and active in the PEO Sisterhood. She enjoyed reading and entertaining. She served on the IURA board from 2005 to 2008.

James R. Schellhammer died on Feb. 21 in Bloomington. He was 92. Born in Fort Wayne, he earned an undergraduate degree at St. Ambrose University in Davenport, Iowa, and a master's degree from DePaul University. He earned an EdD degree at IU and was then appointed director of admissions. In 1974-75 Jim served as president of the University Club. He moved to Clarksville, Tenn., to become dean of records and admissions at Austin Peay State University. He returned to IU in 1990 and continued to work in student services. Jim retired in 2006 as dean of the School of Continuing Studies. He was an avid traveler and an ardent fan of IU football and basketball. He volunteered for Meals on Wheels and

at the Volunteers in Medicine clinic. He also volunteered for the Veterans Administration as a driver for veterans needing transportation. He was secretary of the IURA from 2011 to 2014. Eileen, his wife of 59 years, survives. She served on the IURA board from 2008 to 2011.

David H. Smith died in Bloomington on Oct. 5, 2024. He was 85. Born in Evanston, Ill., he graduated from Carleton College before earning a degree from Yale Divinity School and a PhD from Princeton. In 1967 he helped to launch IU's religious studies department and served as department chair from 1976 to 1984. In 1983 he became director of the Poynter Center for the Study of Ethics and American Institutions. After retiring in 2003, he served as director of the Interdisciplinary Center for Bioethics at Yale and distinguished visiting professor at DePauw University, where he helped start the Janet Prindle Institute for Ethics. A fellow of the Hastings Center, he was a consultant on the teaching of ethics and values in higher education and chaired the executive committee of the Association for Practical and Professional Ethics for 10 years. He served on the board of the Indiana Governor's Council for People with Disabilities. A member of Trinity Episcopal Church, David wrote *Health and Medicine in the Anglican Tradition*, *Religious Giving*, and *Entrusted: The Moral Responsibilities of Trusteeship*. He also conducted professional development training conferences for the U.S. Navy Chaplain Corps. His wife, Mary Louise, who worked with IU's Early Music Institute, died in 2021.

Wayne Trisler Jr. died in Bloomington, his hometown, on Oct. 27, 2024. He was 93. He served in the U.S. Air Force and the Army Reserves. He worked in the fire and safety division of IU's risk management department, retiring in 1996 after 15 years of service. He was assistant fire chief with the Ellettsville Fire Department and a member of the American Legion, Monroe County Veterans Honor Guard, Ellettsville Masonic Lodge, and Woodhaven Christian Church. An avid sportsman, he won awards in archery, horseshoes, bowling, fishing, and hunting. As a golfer, Wayne scored four holes in one. Suzanne, his wife of 38 years, survives. She retired from IU Libraries in 2011.

Joseph M. Waldman died in Centerville, Ohio, on April 5, 2024. He was 88. After earning his undergraduate degree at Paterson State College

IU Retirees Association
P.O. Box 8393
Bloomington, IN 47407-8393

Nonprofit Org.
U.S. Postage PAID
Bloomington, IN
Permit No. 2

New Jersey, Joe came to IU for his MBA and DBA degrees. He joined the business school faculty in 1963 and retired in 1999 as Lawrence D. Glaubinger Professor of Business Administration. The longtime chair of the school's undergraduate program, Joe was instrumental in establishing its international programs, especially in southeast Asia. In 1966 he published a book about the administrative problems encountered in establishing a national training center for office administration in Djakarta, Indonesia. In 1991 he received the John W. Ryan Award for Distinguished Contributions to International Programs and Studies. In 2002 the Kelley School of Business, celebrating its centennial, published his book *The First One Hundred Years of Education for Business: 1902-2002*. Joe enjoyed traveling, reading, and collecting art. His wife, Carolyn, who worked in IU Purchasing, died in 2019.

Letter to editor

Moya Andrews, February 18, 1939 - March 26, 2025

As I note the passing of Moya Andrews in late March, I am flooded with memories of the ways her life touched our community. Her academic life in Speech and Hearing Sciences was dedicated to transforming her area of study. As Vice Chancellor for Academic Affairs and Dean of Faculties, she used her influence to guide policy and decision-making and left us with a legacy in the Emeriti House. In her

retirement years, she was able to illuminate the world of flowers as a Master Gardener. But it was her humanity that encouraged each of us to be our better selves in whatever pathway our lives followed. The power of her nurturing and loving care of her human circle was reflected in her nurturing of her garden. I thank the universe for the gift she was to us.

– *Shirley Boardman*

About this newsletter

This newsletter is made possible by the dues paid by the IURA's 431 (that's a record!) members. The IURA is entirely self-supporting, although the IU Foundation generously offers meeting space free of charge at the Peterson Room in Showalter House.

Founded in 1975 as the IU Annuitants Association to be a liaison with the university, the IURA welcomes all retired faculty and staff and their spouses or partners.

Newswatch is published eight times per year. Please send address changes or corrections to database manager **Doris Wittenburg**, dwittenb@iu.edu. Please send corrections, comments, and opinion letters to editor/writer **Judy Schroeder**, jschroed@iu.edu. Thanks to **Beau Vallance** for photos. Webmaster **Allan Edmonds** has placed more photos of the April 9 meeting, plus the slide deck and a videorecording, on the website, iura.indiana.edu.