

Approved Minutes UNL Emeriti and Retirees Association Meeting
Feb. 20, 2024
Submitted March 8, 2024, by Kim Hachiya, association secretary

The UNL Emeriti and Retirees Association general membership met at the Nebraska East Union on Feb. 20, 2024. Approximately 77 members RSVPed for the meeting.

Association Vice President/President Elect Pam Edward called the meeting to order in the absence of Larry Dlugosh, association president.

Pam opened the meeting with Memory Moments in recognition of:

- Willa Grange, wife of Bill Grange, Johnny Carson School of Theater and Design
- Dennis Johnson, husband of Julie Johnson, College of Education and Human Sciences
- Randall McCutcheon, College of Education and Human Sciences
- Kay Michael, Division of Continuing Studies
- A. Margaret "Gretel" Mientka, widow of Walter Mientka, College of Arts and Sciences/Mathematics
- Jack Nebelsick, Extension
- Nancy Sorenson, Division of Continuing Studies
- Allen R. Smith, Facilities

Treasurer's Report. Earl Hawkey noted our income is currently exceeding expenditures.

Kim Hachiya, announced that we had 30 donors to Glow Big Red and we raised \$3,340, landing us No. 26 on the overall leader board. In all, some 5,551 individuals donated to Glow Big Red, with the grand total raised of \$823,041. Kim thanked everyone for donating to the scholarship or other causes during Glow Big Red, Feb. 14-15, 2024.

Pat Crews announced upcoming deadlines for the Wisherd Research awards (March 15) and Wisherd Service Awards (April 15)

Connie Boehm, asked that folks take pictures at various events like membership meetings, coffee chats or other events and send them to her for the Newsletter

Vicki Highstreet reported that she had sent a matrix to the membership listing Community Engagement opportunities. She asked that people keep track of their volunteer hours and so we can collect that number to let the university know of the service commitments our members take on.

Jane Zatechka announced a coffee chat event will be at 9:30 a.m. March 11 at Meadowlark Coffeehouse, 1624 South Street. An email invitation will follow.

Pam noted there are feedback cards on the tables and asked that those who have program and/or menu comments to leave those on the table.

Pam – Introduced Heather Rasmussen, Associate Professor and Director of Professional Studies in the Dietetics Graduate program, who spoke on the topic of Nutrition and Brain Health.

Heather spoke about the many factors that can lead to cognitive decline as we age, and that nutrition is but one factor. But, she noted there is empirical evidence to show that diets that reduce inflammation are particularly helpful in fighting vascular inflammation that can contribute to cognitive decline. She said the most studied diets – DASH, Mediterranean and MIND-- do show that limiting sugar, salt, some types of

fats and some types of meat, and focusing on vegetables and fruits can be helpful. There is evidence that berries, olive oil and nuts are beneficial. But, she noted, cognition and brain health is not just diet, factors such as exercise and social activities are also important. Dr. Rasmussen suggested folks wishing to change their diets make small incremental changes to develop long term habits.

A robust Q&A followed the talk. An honorarium of \$100 will be sent the ERA Scholarship Fund in appreciation and recognition of Dr. Rasmussen's presentation.

Pam announced the next general membership meeting is Thursday, March 21 in the Nebraska East Union Arbor Suite. The presentation is "Global Affairs at a Crossroads - The Future of Freedom," by Tyler White, PhD, Associate Professor of Practice: Political Science, Director - National Security Program at UNL.