

# Senior Sentinel

April 2009

Newsletter of the IUPUI Senior Academy

## The First Last Lecture

Dr. Robert Einterz



### “Take good care of your brothers and sisters.”

A large audience of eager learners heard lessons in productive living from Dr. Robert M. Einterz, who has turned his medical expertise into a model humanitarian career. It is a textbook for common sense from a man who lives his convictions. He was the first presenter in the Academy’s Last Lecture series that seeks to bring wisdom from the lifetimes of admirable achievers to the community.

Einterz, 53, is a co-founder of the IU-Moi University in Kenya project to help eradicate HIV-AIDS from that country. He also was awarded the Academy’s fourth Bepko Medallion, the highest honor the Senior Academy can bestow on a notable achiever. In keeping with his demonstrated dedication, he contributed the honorarium from the IU Foundation to the Moi project.

The event, held in the IUPUI Conference Center, drew about 400 students, faculty, staff and the community. It was a special addition to IUPUI’s 40th Anniversary year-long celebration. The Last Lecture project was spearheaded by **James East**, past president of the Academy who died last year, before he could see the result of his leadership.

Among the lessons Einterz taught are:

“Take good care of your brothers and sisters”

which he has instilled in his children as he puts them to bed each night. And all people are your brothers and sisters.

“Share everything and play fair,” and “slow down and listen: look into your soul.”

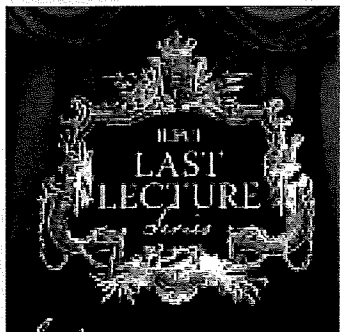
“Everyone needs a mentor,” which he demonstrated in teaching his young daughter how to fly a kite. “Don’t push anything by oneself and don’t trust your own assumptions.”

“Never underestimate your own potential.” It can transform everyone as neighbors, or family members in need.

“Choosing a partner is the most important decision you’ll make.” He said that unconditional love is the only thing that makes sense.

Dr. Einterz was introduced by Dean Craig Brater of the School of Medicine who said Dr. Einterz has been nominated for a Nobel Prize. His service to Wishard Hospital, his work in Haiti and in Kenya “shows where his heart is” and is a great example of the spirit of altruism.

You can see Dr. Einterz’ full address on You Tube: <http://www.youtube.com/watch?v=BhwZa8CINPw> It is also available on a DVD at the IUPUI Library



### Last Lecture to be Lasting

The Last Lecture, sponsored by the Senior Academy, will be an annual event. Some 20 candidates were nominated this year, according to **Golam Manan**, who chaired the committee.

## Our Annual Meeting

Plan to attend the Academy’s annual meeting in mid-June in the Campus Center. Committee chairs will report on their year’s activities. Progress will be outlined, including the always stellar contributions of members to the campus United Way and our own scholarship funds. A mailing will give details and be a formal invitation.

### IUPUI Senior Academy Tour

## Kokomo Opalescent Glass Manufacturer

*Tuesday, May 12, 2009*

Meet at the glass company at 9:45 am for a tour. They make decorative opalescent glass, stained glass sheets for new and restorative work, and custom glassware. The tour will end at the gift shop!

Lunch will follow at Pastariffic Italian Restaurant. Lunch pasta menu is less than \$10. Soup and salad is an option. Meet for lunch at 11:30 am. Wide wheelchairs can be accommodated, but there are no handicapped restrooms.

**Call Carolyn Tungate, 852-4539 or email ctungate@localnet.com with names of those attending by May 7**

#### **Tour Directions:**

Start at 1310 S. Market St., Kokomo  
South on Market to South Union St.  
Right on Union to East Woodland Ave.  
Left on S. Washington St. to W. Lincoln Rd.  
Right on Lincoln to South Webster St.  
Left on S. Webster to 3001 S. Webster St.

### **Board members 2007-2008**

William Voos, President	wvoos@iupui.edu	Art	535-8358
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#### **Committees and Chairs**

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Program	Carlyn Johnson	cjohnson@iupui.edu
Scholarship	Art Mirsky	amirsky@iupui.edu
Social	Jean Gnat	jgnat@iupui.edu

*Voos' Voice:*

## *A Farewell, A Review, A Hope*

Another year of Senior Academy activities draws to a close, with only our annual meeting at the Campus Center and a trip to Kokomo Opalescent Glass factory still on our schedule.

Though begun sadly with the death of former president Jim East, the Academy has since enjoyed a year of well-attended events planned by conscientious committee members who set up interesting presentations by experts in various fields, several enjoyable trips, a well-deserved scholarship donor reception for **Art and Pat Mirsky**, attendance at an exciting Jags basketball game and the establishment of our first annual Last Lecture.

It has been a satisfying experience for me to serve as your president. I hope the Academy has provided you with knowledge, enjoyment and opportunities to grow as you have savored the pleasures of retirement. --**Bill Voos, President**

### **Moving/change of membership information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Additional Information: \_\_\_\_\_

Send to the Academy office at left

## Our Scholarship Winners

*The Sentinel is publishing accounts of the winners of our three scholarships. Shay Mays and Mei-Mei Teng were spotlighted in the last issue. This is account of Amber Spradley, the IPS Freshman Scholarship winner.*

*The winners of next year's funds have been selected and will be announced at the annual meeting of the Academy.*

### Amber Spradley

Amber is a graduate of Arlington High School where she had a GA of 3.62. She chose IUPUI because she felt it has a dynamic engineering program and for partnerships with business and neighborhood resources.

She was active in the At Your School program for School 91 where she attended from kindergarten through eighth grade. It was a way to "give back to the children." AYS is an afterschool program to help struggling students with homework, and a bonding opportunity through arts and crafts. "I make it my business to teach these students that arts and crafts is (a way) of completing and understanding their school work."

The AYS program taught her that she has a role to help children who are "fragile as glass." She feels that the way you treat a child can damage their childhood, everything we do affects them.

She enrolled in mechanical engineering and wants to go as far as a PhD. Among her goals is to design planet rovers for NASA, and design a luxury car for people with disabilities.

Amber has lived in a shelter with four siblings.



### Wildflower Tour

A good group of Academy members were treated to a spring walk through Holliday Park to inspect the wide array of wildflowers in brilliant displays.

**BELLWORT**

## IU Foundation Preparing for Lifting of the Gloom

The economy continues to be bleak, and that affects our Academy scholarship funds as well as personal lives. But, according to Gene Tempel, president of the IU Foundation, efforts to take advantage of the coming recovery are in place.

While there are job cuts everywhere, the Foundation is not cutting back on personnel who are fund raisers. The theory, Tempel said, is that contacts are continuing and when the gloom lifts, we will be in a position to take advantage of the generosity of donors. The message they are presenting to potential donors is the need for more scholarships in order to benefit people, not on facilities or programs.

The bright side of the current recession is that the resources of the IU Foundation have not declined as much as at many other educational institutions. The Foundation endowment stands at about \$1.6 billion.

Temple spoke to about 40 Academy members and guests on March 17. According to one Irish pundit on St. Patrick's Day, we are not in a recession as much as in a pre-growth time.

### How the Downturn has Hit the Academy

The Arthur Mirsky Senior Academy Scholarship Funds have realized a net loss so far this year of more than \$40,000 as of the March report to the Academy Board by Treasurer Shirley Newhouse.

The funds are deposited in accounts managed by the IU Foundation

Mirsky is the chair of the Scholarship Committee and is the largest donor. The Board has voted to continue awarding \$2000 to each of the three scholarship funds in spite of the economic situation. Support comes from Academy account. To be fully endowed, there needs to be at least \$40,000 in market value in the three funds. So far this year, donations have totaled \$53,000 and the balance in all funds is \$90,000.

## Tips on Aging:

*Enjoy the Ride (If You can  
Just Remember Where You  
Left Your Keys)*

There isn't anything you can do about getting older, but you can do some things about enjoying life more. So said **Mary Austrom**, of the School of Medicine's Alzheimer's Education unit to one of the largest Senior Academy audiences of the year in February.

Scientists have not yet found a cure for dementia or Alzheimer's disease but they know a lot about how to manage the onset, especially if you can "stay personally, physically, emotionally, and financially healthy." But life's changes that can affect how we might drift into dementia. Among them, loss of spouse or a loved one, or declining health.

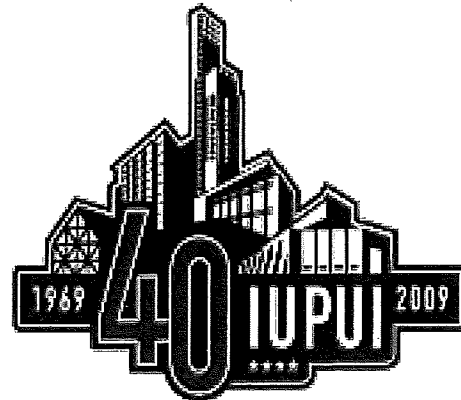
A key precursor to understanding loss of memory is to ask oneself, "I'm not like I was last year." And as you travel the road to oldness, develop habits like placing your keys in the same place every time you use them. Or as she does: buy five pairs of reading glasses, one for every purse. You know that you are approaching serious mental deficiency if you can't remember what the keys are for.

She also suggests that older people take more time to learn new things but learning something challenging always will help. "Just realize that it will take more time to learn something new," she said.

And it is important to eat the right foods, like less red meat, more (darker) fruits and vegetables, even taking 10 almonds a day, and getting enough rest and exercise.

Audience questions included the effects of dreams and sound sleep, worries about getting dementia because it is in the family, immediate and long term memory loss, and racial and cultural differences.

Dr. Austrom suggested that individuals get evaluations through standard testing tools, and she invited the seniors to be involved in numerous mental health tests at the Medical Center. If there are questions or you wish to volunteer in research projects, email her at [maustrom@iupui.edu](mailto:maustrom@iupui.edu) and she will refer you to the proper person.



## Celebrate IUPUI's 40th

The anniversary year began in January with a convocation featuring Indiana Senator Richard Lugar who was Indianapolis mayor in 1969 and who spearheaded the creation of IUPUI.

Events continue throughout 2009. A special 40th anniversary calendar is on the IUPUI website

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