

UAB Retirees Association

Fall 2020

navigate nav·i·gate

definition

- 1 to find which way you need to go when you are travelling from one place to another
- 2 to understand or deal with something complicated

UAB Retirees are from unique situations, live all over the country, have a variety of goals, and are heading in many directions. This word, *navigate*, unites all of us, especially in 2020.

The UAB Retirees Association board of directors serves you by providing a website that is informative and resourceful. Our website is UABretirees.org.

We also work with other groups to bring you access to a variety of programs that deal with health, wealth, entertainment, and our RSA. We do all this on your \$15 yearly dues!

Our membership year is January through December. Please renew or join by completing the enclosed form. The form is also available on our website.



Recent Activities

2019 - 2020

April 2019 at Birmingham Botanical Gardens featured Cynthia Brown, MD presentation of UAB gerontology care options and healthy aging.

May 2019 at Homewood Library featured Allen Bolton presentation of UAB – Now and the Future and the campus expansion plan.

October 2019 at Birmingham Botanical Gardens was the fall social and celebration of UAB 50 year anniversary with Tim Pennycuff providing archived photos and stories of the past.

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Recent UABRA Activities

continued

October 2019 during the social event UABRA members brought over 200 pounds of donations for the UAB Blazer Kitchen.

January 2020 at Homewood Library the "Save our RSA" founders, Geoff Statum and David Harer helped us understand their approach for protecting RSA retirement funds.

February 2020 at Brookdale University Park Lunch and Learn featured James Weisburg, Ph.D. discussing cognitive behavioral therapy for pain management.

March 2020 at Birmingham Botanical Gardens featured School of Dentistry Prosthodontist, Daniel Givan, DMD, PhD, who reviewed comprehensive and current approaches for teeth restoration.

April 2020 webinar featured Dr. Turner Overton updating UABRA on UAB's response to the COVID-19 pandemic.

May 2020 UABRA \$1500 donation to the UAB Student COVID-19 Emergency Fund.

June 2020 webinar featured James Lowery, UABRA board member, sharing his personal encounter with Antarctica.



Board of Directors

2018 - 2021

Anne Cusic • Michael Geerts • Nancy Golden • Tim Heaven • Michael Anne Markiewicz

2019 - 2022

Laura Atkinson • Leroy Cowan • David Jenkins • Harry Mahtani • Tom Talbot

2020 - 2023

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