



HURA news

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Boston Ranked 4th Overall for Successful Aging

The Milken Institute in Santa Monica, California has released its 2014 “Best Cities for Successful Aging.” Two important, unassailable facts underpin the report: our nation is aging at an unprecedented rate, creating the largest older population in history; and these mature adults live predominantly in urban settings. A product of lower birth rates and increasing longevity, this phenomenon is changing the landscape of the United States and the world.

The researchers asked, “What makes a great environment for people as they age?” Sun Belt locales, for many the obvious contenders, are generally absent from the Top 20 large Best Cities. To develop the rankings, they looked at eight categories, employing 84 individual indicators that enhance opportunities for successful aging in place.

The metropolitan areas selected perform well in many of those broad categories, and common themes emerge in economic strength, an abundance of health services, an active lifestyle, opportunity for intellectual stimulation, and easy access to amenities. Even the Top 20 had room to improve, and they delved into the specifics to show the strengths—where the cities “Nailed It,” and their weaknesses—what “Needs Work.”

Among the top 20 large metropolitan areas, Boston-Cambridge-Newton ranks 4th for persons aged 65-75 and 2nd for persons 80 and over. In first place overall was Madison, Wisconsin, followed by Omaha-

Council Bluffs, Nebraska-Iowa, and Provo-Orem, Utah, which was number one for persons 80 and over. The New York-Newark-Jersey City area ranks 14th, and San Francisco-Oakland-Hayward, 17th.



In all, the report covers 100 large metropolitan areas and 252 small areas and may be found at <http://successfulaging.milkeninstitute.org/bcsa2014.html>.

The Milken Institute is a nonprofit, nonpartisan think tank “determined to increase global prosperity by advancing collaborative solutions that widen access to capital, create jobs, and improve health.” The report was written by Anusuya Chatterjee and Jaque King, with an introduction by Paul Irving.

COMING EVENTS

Tuesday, March 10 HURA Day Spangler Center, Harvard Business School. Baker Foundation Professor and Albert H. Gordon Professor of Business Administration will discuss "The Transparency of Threat?" Assistant Professor of Leadership and Organizational Behavior Ethan S. Bernstein will speak following lunch about the transparency trap. Registration and further information were mailed in a separate flyer and by email to all HURA members in early February.

Thursday, May 21 Annual Meeting and Luncheon Harvard Faculty Club. The featured speaker will be Margaret H. Marshall, 24th Chief Justice of the Massachusetts Supreme Judicial Court. Registration information will be in the May/June *HURA News*.

Thursday, June 11 Boston Pops "Sondheim on Sondheim." More details in the May/June *HURA News*.

TBA Harvard Athletics, an Orientation for Retirees, Malkin Athletic Center.

TBA Spring Rambles in interesting places. Announcements will be sent to E-List subscribers. No email? Contact Paul Upson 781-862-2827 or pwupson@gmail.com to be notified of upcoming rambles.

Harvard Art Museums (HAM) Tours Update

HURA will not offer its own tours of the newly reopened Harvard Art Museums. HAM is no longer offering special docent-led tours, so we encourage HURA members to go on their own. Visitors with smartphones can access digital tours and digital records for objects on view.

A retiree with a valid Harvard ID may enter the new complex with one guest free of charge. The fee for additional seniors (65 and over) is \$13. Regular adult admission is \$15. All Cambridge residents enter free. Access to the café does not require museum entrance fees. For more information, go to www.harvardartmuseums.org.

Watch for a possible HURA event in the museums in the fall of 2015.

Interested in an Orientation of Harvard Athletics Facilities?

HURA always solicits and welcomes suggestions from members, and, whether it is one person or several, if it is a suggestion that will benefit the membership, we will follow up. HURA has received an inquiry expressing interest in an orientation program at the Harvard Athletics Facilities. Medical research has shown that exercise is of great benefit to the health of seniors, so we are following up on this one.

In reply to this individual and others, we refer you to the article on Athletic Facilities in our booklet, *Harvard Resources for Retirees* (p. 12). It points out that "Retirees with valid Harvard ID cards have free access to the Blodgett Pool, the Malkin Athletic Center, and the Hemenway Gymnasium." In addition, retirees can include family members by purchasing a plus-family membership to add to their own free membership.



The Membership Office is in the Malkin Athletic Center, 39 Holyoke Street, Cambridge, (617-496-1585), or email amembers@fas.harvard.edu. Call the Malkin Athletic Center (617-495-2219) or the Hemenway Gym (617-495-2222). For a description of add-on fees for all separately priced services, go to www.recreation.gocrimson.com/recreation/membership/faculty. The general Harvard Athletics website also gives information on event schedules, ticket information, and more at www.gocrimson.com/. Purchasing a membership online requires a Harvard PIN.

In order to encourage retirees to use this benefit of access to Athletic Facility, HURA is considering arranging an orientation session with the Athletic Department that will offer an introduction to what is available for retirees, a tour of the Malkin Athletic Center, and an introduction to some of the available equipment.

To gauge the level of interest in such a program we are asking you to contact HURA Vice President Beverly Sullivan via email at bevpeter@verizon.net. If there is sufficient interest, we will move ahead to arrange an orientation session later in the spring.

Beverly Sullivan

HURA Members by the NUMBERS

It is interesting to see how broadly HURA's membership of about 1,300 retirees represents the schools, departments, and job families across the University.

HURA Members by School or Department in Terminal Position

Affiliated Agencies (Credit Union, LASPAU, iTatti):	8 (0.6%)
Art Museums:	8 (0.6%)
Business School:	113 (8.8%)
Central Administration:	231 (18%)
College Library (part of FAS):	85 (6.6%)
Design School:	9 (0.7%)
Divinity School:	14 (1.1%)
Education School:	30 (2.3%)
Faculty of Arts and Sciences:	357 (27.8%)
Kennedy School:	55 (4.3%)
Engineering School/Department:	35 (2.7%)
Law School:	56 (4.4%)
Medical School:	164 (12.8%)
Public Health School:	62 (4.8%)
Radcliffe:	13 (1%)
University Health Services:	35 (2.7%)
Old or changed departments not in PeopleSoft:	92 (7.2%)

HURA Members by Job Family in Terminal Position

Academic:	170 (13.1%)
Alumni Affairs & Development:	26 (2%)
Arts:	3 (0.2%)
Communications:	38 (2.9%)
Facilities:	59 (4.5%)
Financial:	72 (5.5%)
Faculty & Student Services:	66 (5.1%)
General Administration:	349 (26.8%)
Health Care:	16 (1.2%)
Hospitality & Dining:	19 (1.5%)
Human Resources:	17 (1.3%)
Information Technology:	43 (3.3%)
Library:	125 (9.6%)
Museums:	9 (0.7%)
Research:	36 (2.8%)
Technical:	10 (0.8%)
Retired before job families were used:	242 (18.6%)

Percentages are of total HURA membership.

IN MEMORIAM

Clare Corbett

Clare Corbett of Concord, formerly of Arlington and Cambridge, died on December 23, 2014. Clare was a pivotal person in the founding of HURA. She was the manager in the Office of Human Resources who ran the pre-retirement programs. In the mid 1980's, she obtained the services of a number of retirees to assist in the work leading up to Harvard's 350th anniversary in 1986. When that job was over, the retirees expressed interest in continuing to meet, to find useful ways to aid the University, and to stay in touch with each other.

In early 1987, Clare and Amy Gold, who managed Outings and Innings,

chaired the initial monthly meetings of those retirees to begin the process of founding the Harvard University Retirees Association. Soon thereafter, a Steering Committee was formed, chaired by Lillian Braudis, who, in 1989, wrote to University President Derek Bok, giving him information about the proposed organization and asking for his endorsement. His reply supported and encouraged the formation of what we know today as HURA. An advisory committee worked for several months formalizing the association, which began officially in 1991, due in large part to Clare Corbett's early initiative.

Other members

Harvard Human Resources has reported the following deaths of HURA members since July 2014:

Delois Adams, Stanislaw Baranczak, Isabelle Beagan, Dr. Andrew Braun, Dorothy Bruno, William Carlson, Fern Coleman, Barbara Dames, Rowena Foss, Paul Freeman, Elena Gardyna, Peter Heffernan, Joseph Hinsey IV, Estelle Karlin, Herbert Levi, Lorna Levi, John Lupo, William O'Brien, Margaret Prendergast, Stanley Rothenberg, Nicholas Rozzi, Professor Seymour Slive.

**Harvard University
Retirees Association**

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HURA E-list

Members receive up-to-date news
and information mailed directly to
their home computers.

HURA Website

A source of information and news
at <http://hura.harvard.edu>.

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Life Expectancy in the U.S. Remains Unchanged; Some Death Rates Decline

The National Center for Health Statistics at the Centers for Disease Control and Prevention has released its annual report on mortality in the United States. It is interesting to learn that any child born in the U.S. in 2013 (latest completed year) will have a life expectancy of 78.8 years. Life expectancy at age 65 for the total population was 19.3 years in 2013. For women at age 65, life expectancy was 20.5 years and for men, 17.9 years—both unchanged from 2012. So, on average, women who made it to age 65 in 2013 should expect to live to be 85.5 and men, 82.9.

The ten leading causes of death remained the same and accounted for

73.6% of all deaths in the United States: heart disease, cancer, chronic lower respiratory diseases, unintentional injuries, stroke, Alzheimer's disease, diabetes, influenza and pneumonia, kidney disease, and suicide.

From 2012 to 2013, age-adjusted death rates decreased 0.4% for heart disease, 2.0% for cancer, 1.9% for stroke, and 1.3% for Alzheimer's disease.

NOTE: Life expectancy is the expected average number of years of life remaining at a given age.

The full report is available at <http://www.cdc.gov/nchs/data/databriefs/db178.htm>.

