



# HURA news

NOVEMBER-DECEMBER, 2014  
VOL. XXX, No. 2

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## Fall Reception Draws Record Crowd

On October 27, HURA hosted a reception to welcome its new members, with special guest Harvard President Drew Gilpin Faust. The festive event took place in the Faculty Club's three main dining rooms on a typical fall day in October's bright blue weather.

Over 225 HURA members and their guests registered for this free event, the largest number ever for HURA. Those who attended included 20 recent retirees who had elected to accept HURA's offer of complimentary membership in their first year of retirement. Already people are talking about the event as the first annual fall HURA reception.

HURA President Donna Chiozzi mentioned in her brief introductory remarks that this was the first time in HURA's twenty-five year history that a "seated" Harvard president was speak-



Winifred Wilkens brought along a copy of Faust's important Civil War history, *This Republic of Suffering*, to be signed by the author.

ing to Harvard retirees. She then noticed that everyone including

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## Harvard Moves to New Prescription Drug Provider

Effective January 2015, Harvard will move to a new prescription drug vendor. Catamaran will be used for pharmacy coverage under all of the health plans, including age-65 and over and under-age-65 retiree plans.

Catamaran will send information about the transition and a "Welcome Kit."

Subscribers will receive a new prescription ID card in December to use

beginning January 1, 2015.

In a September 3, 2014 interview with the *Gazette*, Harvard Medical School Professor Barbara McNeil, a

member of the University's Benefits Committee, said, "We are switching pharmacy vendors to further lower

premium cost and to ensure the best possible customer service. We kept the pharmacy copayment structure the same. There will likely be some disruptions...[but] hopefully, after this early transition period, customers will have a positive experience."

Where possible, prescriptions will be transferred directly from Express Scripts to Catamaran. If the prescription

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### Drug costs remain the same

#### GENERIC DRUGS

30-day: \$7

90-day mail order: \$14

#### PREFERRED BRAND-NAME DRUGS

30-day: \$20

90-day mail order: \$50

#### NON-PREFERRED BRAND-NAME DRUGS

30-day: \$45

90-day mail order: \$110

## Coming Events

**Friday, December 5 Holiday Luncheon,**  
Oakley Country Club (See flyer on Page 7.)

### Hockey Games

Two free tickets for HURA members. Registration flyers will be sent to HURA E-list subscribers. Contact Henry Terwedow at [hterwedo@gmail.com](mailto:hterwedo@gmail.com) or 508-481-1165 for further information.

**Saturday, December 6:** Women's Hockey vs. Quinnipiac

Additional adult tickets: \$10, Youth: \$5

**Friday, January 30:** Men's Hockey vs. Union

Additional adult tickets: \$20, youth: \$10

### Programs in the works; dates to follow:

Hasty Pudding (February)

HURA Day (March)

Boston Pops (May)

HURA Annual Meeting (June)

Spring Rambles (various)

### Harvard Art Museums (HAM)

The grand reopening of the combined Fogg, Busch-Reisinger, and Sackler collections for the general public will occur on Sunday, November 16.

**HAM-Members-Only Preview Day** will be offered on **November 12** with free daytime visits for members (no guests). A valid membership card is required for admission. Due to capacity limitations, entry is first-come, first-served and is not guaranteed. An evening **HAM-Members Preview Party on the 12th is offered** for \$125 per person with a two-person per member limit. Visit [www.harvardartmuseums.org/calendar](http://www.harvardartmuseums.org/calendar) for more information.

The Museums will not offer docent-led tours to groups until after the first of the year. Once the weather improves in the early spring, we will arrange tours for HURA members and their guests and possibly a special event at the Museum at that time or later.

## Members to Vote on Changes to Bylaws

**At the Holiday Luncheon** on December 5 at the Oakley Country Club, there will be a brief business meeting for members present to vote on changes to the HURA bylaws.

In part, these changes are necessitated by the establishment of HURA as a separate legal entity [501 (C)7 ] and the approval of its tax-exempt status. The HURA Board has developed a set of proposed revisions to bring the bylaws into compliance with its new status. They range from minor ones, such as including "Inc." as part of our official name, to broader ones concerning the election of Directors and Officers.

Copies of both the proposed bylaws and the current bylaws can be found at HURA's PIN-protected website at [http://harvie.harvard.edu/HURA/About\\_HURA/Bylaws](http://harvie.harvard.edu/HURA/About_HURA/Bylaws). Members without access to the HURA website may obtain a copy of the new bylaws by email or in print by emailing to [pwupson@gmail.com](mailto:pwupson@gmail.com) or calling 781-862-2827.

These are the most significant changes:

Currently, voting on proposed Officer and Director appointments by members has occurred only at the Annual Meeting in June. Recent experience indicates that vacancies can occur at any time within the year. Therefore, the proposed bylaws allow the conducting of brief "Business Meetings" as part of both the Holiday Luncheon and HURA Day. The number of days required to notify members about such a business meeting where voting will occur is reduced from 30 to 15 days. Significantly, under the proposed bylaws, all appointments will now be subject to a vote of the membership. Previously, vacancies in unexpired terms were filled solely by vote of the Board. Interim appointments will continue to be made by the Board as "acting" positions until confirmed by vote of the membership.

Previously, membership on the Board has been restricted to two three-year terms, or six years. In recent years the Board has come to realize that such restrictions

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## Correction

The website address printed for Outings & Innings in the Sept/Oct issue of *HURA News* was incorrect. The address is <https://outingsandinings.harvard.edu>. The email address is [outings\\_innings@harvard.edu](mailto:outings_innings@harvard.edu).

## Phillips Brooks House Celebrates 110 Years of Doing Good Well

**On October 24th and 25th**, at its annual Alumni Weekend, Phillips Brooks House celebrated its 110-year history of service throughout Boston and Cambridge. The events began Friday evening with the 8th Annual Robert Coles "Call of Service" Lecture by Award Honoree Bob Moses, civil rights leader and founder and president of the Algebra Project.

As an activist and organizer with the Student Nonviolent Coordinating Committee (SNCC) and Mississippi Freedom Democratic Party, Moses was at the forefront of empowering disenfranchised African-Americans to increase their political power. In 1982, Moses received a MacArthur "Genius Grant" and turned his focus to education, founding the Algebra Project to extend high-quality mathematics education to low-income youth.

The event continued through Saturday with the general meeting of the PBHA Alumni Association, followed in the afternoon by opportunities for reflection and reconnection and an evening dinner and gala



Board member Lee Smith represented HURA.

at the Knafel Center (formerly the Radcliffe Gymnasium).

Board member Lee Smith represented HURA at the weekend events. Lee had been an administrative assistant at PBH for 43 years before retiring in 2000, and she speaks of her time there as never boring and very stimulating. "Wish I had kept a journal," she says. "I originally took the job for only three months. At Harvard, you never know."

## Fall Reception Draws Record Crowd

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President Drew Faust was actually standing.

President Faust began her comments by thanking Donna for the opportunity to visit HURA. She also thanked HURA Vice President Beverly Sullivan for her role in bringing Faust to Harvard. When Bev worked in Massachusetts Hall, it became her duty one day to call Drew Faust in her office in Pennsylvania to find out if she had time to chat with then Harvard President Neil Rudenstine. This call, Faust reported, was the beginning of a conversation that eventually brought her to Harvard fourteen years ago.

Her gratitude for HURA's being able to bring people together was the theme of her remarks—seeing people coming together face to face, she said, not just online. She thanked those in the audience for everything they have done, for their continuing loyalty to the University, and for their commitment.

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## Members to Vote on Changes to Bylaws

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limit the continuing formal relationship of certain very productive Board members. Two changes have been introduced to remedy this situation:

1. Create "Emeritus/a Director" positions with 2 two-year terms, to allow Officers and Directors whose terms have expired to continue an active relationship with the HURA Board of Directors.

2. Allow an especially productive Director, after a one-year "hiatus" from the Board, to be elected to a new three-year term as a regular Director.

Finally, due to the establishment of HURA as a separate legal entity within Harvard, additional reporting that is required to federal and state governmental agencies has been added to the position descriptions of

Recording Secretary/Clerk and of Treasurer. Language has also been added to indemnify HURA Officers and Directors from loss or damage that has already occurred or that may occur in the future for activities associated with their roles as Officers or Directors of HURA. Other changes are mostly editorial to fix grammatical and logical errors.

## HURA Takes an Urban Ramble in Jamaica Plain

On September 24, a warm sunny day, rambblers assembled at the 17th century Loring-Greenough House in Jamaica Plain for a walk through two historic neighborhoods. Guided by Michael Reiskind, vice president of the Jamaica Plain Historical Society, the walkers visited the Sumner Hill neighborhood, a National Historic District of beautiful, restored Queen Anne, Second Empire, and Victorian houses, with a commentary on both architecture and their social history.

Moving on, the second part of the tour took place in the Stony Brook/Brookside neighborhood, originally the home of many brewery and factory buildings, including today's Boston Beer Company. The ramble ended with a visit to the Harvard Law School Legal Services Center for an overview of the student services provided to the community. For those who chose, rambblers finished with lunch at Ula's, a delight in itself.



HURA rambblers on tour with Michael Reiskind of the JP Historical Society.

## Harvard Moves to New Prescription Drug Provider

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cannot be transferred, the individual will receive a letter explaining what is needed. In many cases this may be an expiring prescription, and a new one would be required anyway. Pre-authorizations will also transfer to Catamaran. HHR is working with Catamaran to limit the amount of disruption to retirees and employees wherever possible.

The open enrollment package for

retirees has more detailed information, and the individual welcome packages that Catamaran distributes will have the greatest detail. Also see their website for more information <http://www.catamaranrx.com/>. This is for information only. Do not sign up here. Your enrollment will happen automatically.

No changes are being made to the prescription copayment structure for most retirees.

## Cost of Living Adjustment to Social Security in 2015

The Social Security Administration has announced that over 58 million Social Security beneficiaries will receive a Cost of Living Adjustment (COLA) of 1.7% in their monthly checks beginning in January 2015.

The Consumer Price Index for Urban Wage Earners and Clerical Workers for July, August, and September 2014 has just been calculated, and the increase is figured on the difference in the CPI-W for the same period in 2013, the last year a COLA became effective.

The CPI-W is different from the Consumer Price Index for All Urban Consumers, which is the index widely used



in press discussions of inflation. Congress adopted the CPI-W measure for determining Social Security COLAs in 1975, and since then it has resulted in annual benefit increases averaging 4.2 percent—except there were no COLAs in 2010 or 2011 because inflation was too low. Because of the low inflation rate in the past few years, in 2013 the increase was 1.7%; and in 2014, 1.5%.

Monthly benefits for retired workers will now average \$1,328. SSI payments will rise from \$721/mo. to \$733/mo. Medicare B premiums, which are deducted from Social Security payments for those who are receiving benefits, will remain the same in 2015 as in 2014.

# Let's Talk Turkey

**Did you know** that one in six Americans will get sick from food poisoning this year alone? That's about 48 million people. Food poisoning not only sends more than 100,000 Americans to the hospital each year, it can also have long-term health consequences, including kidney failure, chronic arthritis, brain and nerve damage, and death.



Of immediate interest, the process of defrosting and roasting the Thanksgiving turkey provides multiple opportunities for harmful bacteria to grow. The U.S. Department of Health and Human Services' Food Safety website offers links to important information to protect yourself and your family from spending the day after Thanksgiving in the hospital.

<http://www.foodsafety.gov/keep/types/turkey/index.html>

Learn about safe defrosting in the refrigerator or in cold water, the do's and don'ts of stuffing, cooking temperatures, and how to handle leftovers, among other important bits of information, for instance, to help you plan ahead:

## **Refrigerator Thawing Times:**

### **Whole turkey**

4 to 12 pounds — 1 to 3 days  
12 to 16 pounds — 3 to 4 days  
16 to 20 pounds — 4 to 5 days  
20 to 24 pounds — 5 to 6 days

Plan ahead: allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping on other foods. A thawed turkey can remain in the refrigerator for 1 or 2 days before cooking.

### **Cold Water Thawing Times**

First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

4 to 12 pounds — 2 to 6 hours  
12 to 16 pounds — 6 to 8 hours  
16 to 20 pounds — 8 to 10 hours  
20 to 24 pounds — 10 to 12 hours

Also go to the main Food Safety website for valuable information to use the year round, from breakfast to dinner, at home and out.  
<http://www.foodsafety.gov/>

# HEALTH UPDATE:

## Good and Bad Effects of Alcohol and Aging

**Recent studies suggest** that drinking by persons over 65 is an often under-reported problem. The National Survey on Drug Use and Health conducted in 2010 found that nearly 40 percent of adults age 65 and older drink alcohol. Most of them don't have a drinking problem, but some of them drink too much. Sometimes people don't know they have a drinking problem—as what used to be a manageable amount gradually becomes a problem.

In general, older adults don't drink as much as younger people, but they can still have trouble with drinking. As people get older, their bodies change. They can develop health problems or chronic diseases. They may take more medications than they used to. All of these changes can make alcohol use a problem for older adults. Men are more likely than women to have problems with alcohol.

### **Older Adults are More Sensitive to Alcohol's Effects**

As people age, they may become more sensitive to alcohol's effects. One reason is that older people metabolize, or break down, alcohol more slowly than younger people. So alcohol stays in their bodies longer. Also, the amount of water in the body goes down with age. As a result, older adults have a higher percentage of alcohol in their blood than younger people after drinking the same amount of alcohol. Have you ever heard an older person say “I can't drink the way I used to”? Aging lowers the body's tolerance for alcohol. This means that older adults

can experience the effects of alcohol, such as slurred speech and lack of coordination, more readily than when they were younger. An older person can develop problems with alcohol even though his or her drinking habits have not changed.

### **Drinking Can Cause or Worsen Health Problems**

Heavy drinking over time can damage the liver, the heart, the brain, and other organs. It can increase the risk of developing certain cancers and



immune system disorders, as well as damage muscles and bone.

Drinking too much alcohol can make some health conditions worse, including diabetes, high blood pressure, congestive heart failure, liver disease, and memory problems. Other health issues include mood disorders such as depression and anxiety. Adults with major depression are more likely to have alcohol problems.

### **Some Medicines and Alcohol Don't Mix**

Many older adults take medicines, including prescription drugs, over-the-counter drugs, and herbal remedies. Drinking alcohol can cause certain medicines to not work properly and other medicines to become more dangerous or even deadly. Mixing alcohol and some medicines can cause sleepiness, confusion, or lack of coordination, which may lead to accidents and injuries. It also may cause nausea, vomiting, headaches, and other more serious health problems.

- Taking aspirin or arthritis medications and drinking alcohol can increase the risk of bleeding in the stomach.
- Taking the painkiller acetaminophen and drinking alcohol can increase the chances of liver damage. The FDA warns about the negative effects of this drug on the liver all by itself.
- Cold and allergy medicines that contain antihistamines often make people sleepy, and alcohol can make this drowsiness worse and impair coordination.
- Mixing alcohol with some medicines that aid sleep, reduce pain, or relieve anxiety or depression can cause a range of problems including difficulty breathing, rapid heartbeat, and memory problems.
- Drinking alcohol and taking medications for high blood pressure, diabetes, ulcers, gout, or heart failure can actually make those conditions worse.

Medications stay in the body for

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HARVARD UNIVERSITY RETIREES ASSOCIATION INVITES YOU TO

# *A Gala Holiday Luncheon*

FRIDAY, DECEMBER 5, 2014

Oakley Country Club

410 Belmont Street, Watertown, MA

**Social Hour: 11:30 am Luncheon: 12:30 pm**

Cash Bar and Free Non-Alcoholic Cider

Short Business Meeting requiring a vote to accept revised Bylaws



## *Entertainment*

**Jeffrey Moore, Pianist**

**The 'Cliffe Notes, Harvard Choral Group**

Please remember Boston and Cambridge children by bringing an unwrapped gift of toys, books, art supplies, games, stuffed animals, hats and mittens, or gift certificates. Students from Harvard's Phillips Brooks House will distribute your gifts. Disadvantaged children in Boston and Cambridge will thank you.

**\*\* OPEN SEATING \*\***

## *Menu*

Mixed Greens with Dried Cranberries, Granny Smith Apples, Feta Cheese and Balsamic Vinaigrette

Baked Haddock with Lemon Butter Sauce

or

Roast Sliced Sirloin, Chef's Choice Gravy

(Vegetarian Entrée upon request)

Warm Gingerbread with House-Made Whipped Cream



## *Registration*

**Deadline: Friday, November 21st**

No refunds for cancellations after November 21st.

**Cost: HURA Members \$30 and Guests \$35**

Send registration form with check payable to HURA to Diantha Brown, 257 High Street, Newburyport, MA 01950  
(Questions? Call 978-465-2262)

*Free parking is available at the Club. For directions go to [www.oakleycountryclub.org](http://www.oakleycountryclub.org).*

----- CUT AND RETURN WITH YOUR CHECK -----

Member name \_\_\_\_\_ Entrée choice \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Guest name \_\_\_\_\_ Entrée choice \_\_\_\_\_

Amount enclosed (\$30 per member, \$35 per guest) \$ \_\_\_\_\_

Wish to sit at a "Get-Acquainted Table"? Yes \_\_\_\_\_ No \_\_\_\_\_

**Harvard University  
Retirees Association**

Smith Campus Center, Room 664  
1350 Massachusetts Avenue  
Cambridge, MA 02138



First Class Mail  
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**HURA Website**

A source of information and news  
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## Good and Bad Effects of Alcohol and Aging

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at least several hours. So there can still be a problem if you drink alcohol hours after taking a pill. Read the labels on all medications and follow the directions. Some medication labels warn people not to drink alcohol when taking the medicine. Ask a doctor, pharmacist, or other health care provider whether it's safe to drink alcohol while taking a certain medicine.

**There may be Beneficial Effects**

While there are dangers in drinking too much alcohol, there is evidence that moderate alcohol consumption has a beneficial effect on all-cause mortality in the elderly. Considerable evidence exists for the beneficial

effects of moderate drinking on the prevention of certain diseases common among older adults. For example, it is a protective factor against coronary heart disease, heart failure, and myocardial infarction, particularly in older men. For postmenopausal women, moderate drinking has been linked to a reduction in the risk for osteoporosis and an improvement in bone density. Light to moderate drinking among elderly men and women is associated with a reduced inci-



dence of type 2 diabetes mellitus.

Furthermore, seniors who drink moderately experience benefits for cognitive functioning as compared to those who abstain or those who report heavy drinking. Psychological benefits—possibly through reduced stress and improved mood and sociability—may have useful implications in the treatment of some geriatric problems. However, the consumption of alcohol among the elderly requires careful monitoring along with a range of other lifestyle factors. Despite beneficial effects, older individuals should not be encouraged to increase their drinking for reasons of health.

*[Adapted from NIH Senior Health website articles on alcohol and aging.]*