

MCCRA's Reflection on the Pandemic Era

President Ann Oehmke

In addition to representing retirees in community college agendas, the purpose of MCCRA is to enhance service and communication to retirees. With virus concerns in the past two years while the world slowed down and shut down, most operations halted at least for a while. Reflecting on MCCRA's accomplishments during that timeframe showed how versatile and creative organizations can be.

Progress in the last two years

- Published five newsletters each reaching over 2,500 retired members in print and online
- Rewrote the constitution, approved and published the new MCCRA constitution
- Initiated a MCCRA website plus found a web master, Sherry Peabody. The webpage is in its third format after review by a small group of MCCRA board members
- Increased retiree participation and added new members to the MCCRA Board
- Continued support to student scholarships through the Maricopa Community Colleges Foundation. (Thanks to all who volunteered as readers and to all who donated to the MCCRA Endowed Scholarship Fund)
- Participated in an agreement with Maricopa Legal and Human Resources departments to collaborate on Pre-retirement programs
- Developed a working relationship with MCCD Human Resources, Marketing and Communication in production and promotion of the Pre-retirement events and production of the Maricopa Gold newsletter
- Hosted six Pre-retirement programs via WebEx with over 1,300 participants
- Conducted a survey of Pre-retirement participants to ascertain their needs
- Collected, and in process of collecting, several hundred email addresses to enhance communication with retired members and perspective retirees
- Maintained a symbiotic relationship with MCCD Faculty Association and reached out to the leaders of the new MCCD Employee Representation structure
- Renewed a contract with Free Spirit Travel under new ownership where for every dollar our members spend, MCCRA gets 5%
- Designed a pilot financial planning program for students

Now to our future

I have had two meetings with the President of the Faculty Association and reiterated that we support students and Pre-retirement planning, but do nothing in financial support of faculty and staff. I asked for ideas to assist us in exploring that concept - possibly dollars for released time or just extra spending money to explore ideas that they believe would enhance their professional development. I realize there is district support but possibly we could provide another opportunity for faculty and staff personal growth that would benefit students.

This has been a very long epistle, but I thought it necessary to catch you up on what MCCRA has achieved, largely as a result of our collaboration with Human Resources. Many of you might remember that the District Human Resources office used to provide Pre-retirement information and when they stopped, two members of the MCCRA board, Ken Roberts and Jim Hogan, developed a program that we initiated seven years ago. When HR reorganized, we asked if they would like to collaborate with us in providing retirement information to employees planning to retire. They agreed and the rest is history and truly a great success.

Check out the MCCRA Website

Log in to www.mccrassoc.org to view the updated website. Thanks to Sherry Peabody serving as our volunteer webmaster, the web contains more relevant information and is easy to navigate. Resource pages show links to health and medicine information, Arizona State Retirement System, financial planning, Arizona Library resources and the Dept of Economic Security services for older adults. You may read the online version of the Maricopa Gold newsletter and find previous editions. Travel and vacation events are listed for your enjoyment. Check out your MCCRA web.



Governing Board Officers Re-elected for Exciting 2022

The Maricopa County Community College District Governing Board held a special meeting on January 18, 2022, to select Governing Board positions for the new year. MCCCC Board members voted unanimously to continue the current positions held by Ms. Marie Sullivan as President and Dr. Tom Nerini as Secretary.

"I am honored by your confidence and I know we have an exciting year ahead with lots to accomplish," said President Sullivan. "It's our work together that really impacts and makes a difference." Representing District 3, Ms. Sullivan has been on the Governing Board since January 2018.

Dr. Nerini retains his position as Board Secretary. "I appreciate being part of the team." He ran unopposed in District 5 in the 2018 election.

The seven Governing Board members are elected from five geographical districts within Maricopa County with two

At-Large positions representing the entire county. Board members are elected in staggered years to four-year terms.

Continuing Board members include Jacqueline Smith, J.D. (District 1); Susan Bitter Smith (District 2); Jean McGrath (District 4); and Kathleen Winn and Dr. Linda Thor (Members At-Large). The new student member, Quentin Evans, will advocate for students through June 2022.

Serving on the MCCCC Governing Board further strengthens our system and advances the work the Maricopa Community Colleges do in service of our students and community.

Records of Governing Board meetings and actions are available at Governing Board on the Maricopa Colleges website: www.maricopa.edu. Meetings can also be viewed on YouTube under Maricopa Community Colleges - Governing Board.

Update on Bachelor's Degrees

Dr. Steven R. Gonzales, Interim Chancellor

"Our motivation to offer baccalaureate degrees is to better support the needs of the skilled workforce in the highest demand areas of our state in a way that is equitable, accessible, and affordable for students."

As we start the Spring 2022 semester, the work continues on our endeavor of adopting and implementing bachelor's degrees across the Maricopa Community

Colleges. From speaking with leadership teams across our District, there is much excitement about the work that has already been accomplished. We are on schedule to meet our goal to request approval of the first bachelor's degree programs by August 2022. Bachelor's degrees will have a tremendous positive impact on our community and student success.

Recap

The Road So Far

In Fall 2021, we held roadshows and a college visioning session that informed the establishment of the criteria, proposal process, and selections for the degrees for development. Seven bachelor's programs at eight different colleges are moving forward with the intent to seek approval from the Governing Board and Higher Learning Commission (HLC) to offer these awards to our community in Fall 2023.

Next Steps

Work Teams

Work teams made up of faculty, staff, and administrators who are charged with identifying the needed changes to processes, structures, and systems to successfully integrate bachelor's degrees are now fully formed. The Curriculum Systems/Structure team has already completed their work on the framework for the bachelor's degree, and the other teams have all kicked off their work.

The work teams will continue their work in the spring, with the last deliverables due in April. A list of the teams, members, and deliverables can be found at the internal MCCCC Bachelor's Degree resource site.

Remembering Theo J. Heap

Former MCC President Theo J. Heap passed away at age 95 in December, 2021. Chosen in 1965 by the first president of MCC Dr. John D. Riggs, Heap was hired to build the college athletic program. By the time Heap became president in 1978, the Thunderbirds had won 14 National Junior College Athletic Association national championships at Division 1 level. Heap retired in 1984. Read more about him at www.tinyurl.com/TheoHeapObituary Source: *MCC Alumni Relations*

Maricopa on the Move

News from the Office of the Interim Chancellor Steven R. Gonzales

College Presidents Announce Retirement

Dr. Shari Olson, SMCC

Dr. Shari Olson has announced her plan to retire in the summer of 2022. She was appointed president of SMCC in 2011 and has more than 35 years of community college administrative and teaching experience. Throughout her career, she has remained committed to strengths-based leadership and developing the best in her students and colleagues. Over the past nine years, under Dr. Olson's leadership, SMCC continues to see results in student engagement. The college received national recognition for their ongoing efforts, including being named an Aspen Prize Top 150 U.S. Community College for four consecutive terms (2015, 2017, 2019, 2021).

Dr. Lori Berquam, MCC

Interim President of MCC, Dr. Lori Berquam, has also announced her decision to retire once a permanent President is selected. Appointed Interim President on Feb. 1, 2020, Dr. Berquam has more than 30 years of experience in higher education, including acting as the Executive Vice President of Academic and Student Affairs. She completed a prestigious fellowship through the American Council on Education, serving in the Office of the Provost and Vice President for Academic Affairs at the University of Arizona.

"As we continue to advance the Strategic Commitments of MCCCDCD, we are preparing to invite all qualified candidates who can provide outstanding leadership," said the Chancellor. "The College President is a critical member of the Chancellor's Executive Council, demonstrating the important capability of leading and managing a unique college as part of an integrated system."

General Counsel Search Begins

As the college district continues to stabilize the executive-level vacancies, a nationwide search process has been launched to identify the next General Counsel for Maricopa County Community College District. This role serves the institution as Chief Legal Officer of MCCCDCD, providing legal advice and representation to the Chancellor, Governing Board, and District. The Office of General Counsel delivers a high level of professional legal counsel to the colleges and system office on a broad range of issues to support the achievement of core District academic and administrative objectives. The search will be conducted by an outside agency who will partner with the Tri-Chairs and the Search Committee to work collaboratively and diligently to complete the process by June 2022.

College Leader Rich in Experience



After a comprehensive nationwide search, Dr. Eric Leshinskie was selected as the next president of SCC effective July 1, 2022. With over 25 years of experience in education, he will begin transitioning into his new role during the spring semester while he continues in his current position.

A special thanks to Christina Haines who has seen more shifts than almost anyone else in MCCCDCD, as she has had positions at five of the district's colleges over 30-plus years. Her most recent job was as interim president of SCC before she retired in January.

CGCC Vice President of Student Affairs Veronica Hipolito was asked to serve as the SCC Interim President beginning January 31, 2022.

Dr. Leshinskie joined the Maricopa Community Colleges in 2003 as an Instructional Designer for the Maricopa Center for Learning and Instruction. After serving as the District Director for Academic Affairs Support Programs and Services for five years, he transitioned to GCC as the Dean of Instruction, Academic Planning, and Projects. He then served as GCC's Interim Vice President of Academic Affairs for over two years. He moved to PVCC as the Vice President of Academic Affairs and served in that role until February 2021, when he was appointed to serve as the Interim Executive Vice Chancellor/Provost.

Dr. Leshinskie earned his Doctorate of Education in Leadership and Innovation in May 2017 from the Mary Lou Fulton Teachers' College at ASU; his dissertation focused on the impact of faculty peer observation in the community college classroom. He received his Master of Education in Learning and Instructional Technology from ASU and completed his undergraduate work at the University of Richmond, VA, where he earned his Bachelor of Arts in English.

Cordova Plaza Dedicated at PVCC

PVCC honored its founding president, Dr. John Cordova, by dedicating a new Cordova Plaza at the heart of its main campus in January. Those in attendance included Dr. Cordova's friends and family, current and former staff and faculty, and previous colleagues. Dr. Cordova served the college from 1983 to 1992. The new plaza contains a sculpture with an inscription to its namesake and highlights Dr. Cordova's extraordinary commitment to student development and vision.



Genocide Awareness: SCC Professor Leaves a Legacy

By Gordon Jesse

The 10th Genocide Awareness Week will be held April 4-8 at ASU. The largest such conference in North America, it is a series of presentations by distinguished survivors, scholars, politicians, and others. The event seeks to address how we, as a global society, confront violent actions and current and ongoing threats of genocide throughout the world. Genocide Awareness Week (GAW) was started and fostered by recent Scottsdale Community College faculty retiree and emeritus, John Liffiton, and until the pandemic, it was held at SCC.

In 2009, while in Prague on the way back from setting up an English as a Second Language program in Macedonia, John visited Terezin, the Theresienstadt ghetto and concentration camp.

"It was a life-changing experience for me. While walking around the camp in the snow, I saw the remains of an Olympic-size swimming pool that was used by the families of the SS guards and commandant. It was within feet of a wall separating it from the gallows and firing squad poles where Jews and others were murdered. I could imagine some of the victims walking past this pool on the way to their execution and the last thing they saw was children playing in the pool. It was a horrific place. I returned to SCC and changed my syllabi for Eng 101 and 102 to have students research and write about the Holocaust."

John soon required his classes to research and write about other genocides such as the Ukrainian Holodomor, the Native American Genocide, and others.

The United States Holocaust Memorial Museum asked him to help develop a Holocaust education workshop for teachers and that grew into a six-day-long conference on the SCC campus in 2012.

As attendance doubled over the next decade, community recognition and positive reaction also grew. Not only did SCC partner with the USHMM, but also with the Anti-Defamation League, the Jewish, Armenian, and Assyrian communities, and other public and educational

institutions. Financial support emerged as donors saw the importance of the conference. Now, with sponsorship from the Rosenbluth Family Foundation and over two dozen internationally-known entities, and housed at ASU, Genocide Awareness Week is poised to soar far beyond what John might have imagined ten years ago. He will stay on for this year as a consultant and is on the ASU Board of Directors for GAW, but he will gradually let go of his "baby."

When asked how the conference affected his students, John said, "After attending the conference, I had several students state that they wanted to change their majors to something where they could actually help people. One student went to Africa after graduation and started working with Medicine Sans Frontiers. One veteran student wept openly in class as he gave a presentation and said that it had really affected him as he looked up from his nightly homework and reading, thinking how horrible it would be for his children to go through a genocide."

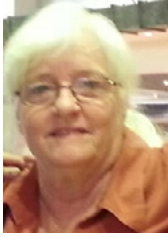
John is the recipient of many awards and recognition, but there are two of which he is justifiably proud. In 2015, he was given the Shofar Zachor Award (Hebrew for "call of remembrance") by the Phoenix Holocaust Survivors Association for his role in Holocaust education. Also in 2015, the Armenian community recognized his work with a monument on the SCC campus, one of only two at educational institutions nationwide.

As he starts retirement, John says he cannot wait to travel once the pandemic is over.

"My wife, Julie, and I have a list of places all over the world we're going to visit. I also plan to write history articles and practice my guitar, but most of all, I am looking forward to spending more time with my grandkids."

Certainly, educators on all levels affect their students' lives, but few are able to turn their teaching into an enduring legacy, one that will continue to educate others long after they leave the classroom.

Nango Follows in Her Father's Footsteps



Patrice Nango began her journey with MCC as the daughter of one of the first faculty members hired at MCC, Richard Arnold who taught Speech and Communication.

Nango's experiences at MCC over the years led her to begin her education at MCC in 1982. After completion of her Masters degree in 1990, Nango taught as an adjunct at MCC in the Philosophy/Religious Studies Department until 2005 when she was hired as full time faculty.

Over her years of teaching, Patrice gained a reputation for creatively and effectively engaging her students in philosophy courses such as Critical Thinking, Biomedical Ethics and Introduction to Philosophy.

In addition to teaching, Nango served two 3-year terms as Department Chair, exhibiting impressive managerial capability during a stressful period of declining enrollment and systemic change. As Department Chair, Nango served at the college and district levels working with faculty and administration on significant initiatives such as the 4 C's and Guided Pathways.

Her administrative talents were further exemplified by her service as a member and President of the MCC Faculty Senate, and as a member of district-wide Faculty Executive Council, where Nango served as President of the district-wide Faculty Association.

During her years of leadership in MCCC, she earned a reputation as a thoughtful collaborative leader and colleague. MCC has rarely had a faculty member and leader as energetic and dedicated as Patrice Nango.

Book Nook

Retired CGCC Faculty member Ed Loughlin has written a book that takes a unique and entertaining look at human nature and human relations.

Introduced as America's First Pop Culture Self-Help Book, *Selfish Service* has been well received since its initial release in 2018 and has been exhibited locally at both the Payson Book Festival and Mesa Library Book Fair.

As Ed describes it "It's a niche book for sure. If you are not a 20th century media devotee, it won't make much sense. But if you have a taste for the nostalgic and want to learn how to become a more selfish person, then this book is for you!"

Explore a century of pop culture as Ed takes you on a multimedia journey of personal growth and discovery.

Edited by CGCC Faculty Emeritus Patti N. Johnson (Yours Truly) the new and expanded 2nd edition is now available. Enjoy your complimentary copy at www.selfishservice.com.

INVITATION – If you have written a book, paper or journal article, please share the information with MCCRA. If you have read a good book and think other retirees would benefit from it, write a summary of why you liked it. Send to the MARICOPA Gold editor at patti.n.johnson@cgcc.edu



What Are You Doing in Your Retirement?

Send in your stories about travel, hobby or volunteer activities you are enjoying. Just a paragraph will do. If you don't want to commit to an article, send us your photos with explanations. Email info or photographs to editor: patti.n.johnson@cgcc.edu

Emeritus Status Awarded

The Governing Board grants Emeritus status its monthly meetings based on nominations of recently retired faculty and executive staff.

NOVEMBER 2020

Frank Attanucci, Math, SCC

Dr. Shereen Lerner, Anthropology, MCC

Patrice Nango, Philosophy/Religious Studies, MCC

FEBRUARY 2021

Rene Cornell, English, PVCC

Duane Oakes, Center for Community & Civic Engagement, MCC

John Liffiton, English/ESL, SCC



It's Ancient and Still Works

By Caryl Terrell

Sometimes, in these wild and crazy times, we need to reach back millennia in search of answers. If health and wellness are your goals, that search may lead you to yoga.

Yoga's benefits are not just physical, however; there are meditative ones as well. It is great for singers as it helps control breathing, deep breathing being a central core of the discipline. It's all about those deep, restorative breaths, which aid all devotees not just singers. Yoga became popular globally as a form of physical exercise.

Yoga comes in a variety of styles, for example, traditional hatha yoga is one branch of yoga. The Sanskrit word hatha literally means "force," and is a system of physical techniques. It focuses on asanas or physical postures and emphasizes proper diet, body cleansing and postures with deep breathing being key.



Another style, Bikram yoga, generally involves 90-minute sessions and is a hot [temperature] yoga style synthesized from traditional hatha yoga, where the participant stands in one place and stretches and sweats, providing a feeling of well-being.

Finding a yoga style that fits one's needs, age and abilities is easy to do. Where one may have done Bikram yoga five days a week when young, there are other styles that can be done one to two times a week when the years start adding on that still provide strength and fitness benefits. For older individuals, it may sometimes require taking a sit-down break, but that's okay; the key is to go at one's own pace. Chair yoga is an option if mobility is an issue. Yoga can help devotees maintain energy while providing welcome meditative benefits.

Find a yoga that works for you, and go for it!!!

Catching 40 Winks

By Caryl Terrell

Most of us, when the subject of napping comes up, think of babies, preschoolers, and the elderly. Very few people in the hustle and bustle of American life where productivity rules think it is something young people or even the middle aged should be doing. However, America is fast becoming a sleep deprived culture that could greatly benefit from napping.

According to "Short- and Long-term Health Consequences of Sleep Disruption" by Micheline Wille and Michiel EH Hemels (2017), "Sleep deprivation can also result in mood disorders, as well as memory, cognitive, and performance deficits in otherwise healthy adults, and generally lower quality of life."

Naps can improve mood, decrease fatigue, promote relaxation, boost alertness and enhance performance, including memory and reaction time.

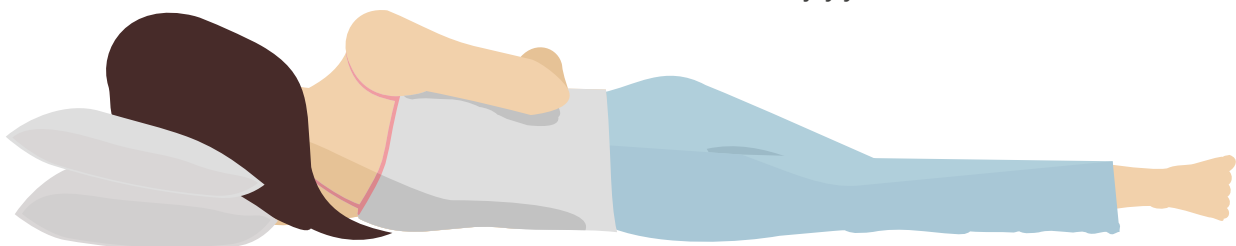
Naps boost heart and brain health and reduce stress. In "The Science of Naps" by Kirsten Weir (2016), "Bill Anthony, an American psychologist, and director of the Harvard University Psychiatric Rehabilitation Center says that napping helps to significantly reduce cortisol, the hormone responsible for stress."

To get the most out of a nap, it should be kept short, 20-30 minutes. This is the ideal amount of time to increase alertness. Some people like a snooze after lunch. Naps should not be taken after 3:00 pm. It is also helpful to create a restful environment by limiting noise and light and making the space a comfortable temperature.

In her article, "Daytime Naps Boost Your Heart and Brain Health, Reduce Stress and Much More," Brittany Hambleton shares that Albert Einstein and Sir Winston Churchill were known to include naps as a regular part of their daily routine. Hambleton notes that a 2010 Harvard University study found that a nap—even a short one—can improve memory and learning capabilities.

Researchers found that participants who dozed at least twice a week had a lower risk of having a heart attack, stroke, or heart failure, compared with those who did not nap at all (Ana Sandoiu, Medical News Today 2019 and "The Secret to Taking Successfu; Naps' Aleiteia July 22, 2018).

Adding a catnap into one's daily routine can have far-reaching health benefits. Naps can give a boost when needed. Enjoy your siesta.



2022-2023 Dues Renewal • Maricopa Community Colleges Retirees' Association

Name _____ Check if any info is new _____

Address _____

Street

City

State

Zip

Phone: Home () _____ Other () _____

Email address _____

Membership Dues are \$25/year valid from July 2022 through June 2023.

Dues \$ _____

Make check payable to: MCC Retirees' Association

SURVEY: How would you prefer to receive your Maricopa GOLD newsletter?

Mail to: Betsy Hertzler, Treasurer • MCC Retirees' Association (MCCRA)
2411 W. 14th Street • Tempe, AZ 85281-6942

Printed/Mailed _____
Online _____

Maricopa Community Colleges Retirees' Association 2022-2023 Board Nomination or Self-Nomination Form

In nominating someone other than yourself, please confirm the nomination with the nominee. Be sure to indicate the appropriate contact information.

I nominate: _____ to be a candidate for the 2022-2023 MCCRA Board.

Contact info/email:

Nomination form can be mailed with dues form to:

Ann Oehmke
500 W. Clarendon, E13
Phoenix, AZ 85013

Or email information to: a Boehmke@cox.net

Maricopa Community Colleges Retirees' Association Endowed Scholarship Fund

Name _____ Check if any info is new _____

Address _____

Street

City

State

Zip

Phone: Home () _____ Other () _____

Email address _____

Retired from which college _____

You can contribute in several ways to MCCRA Endowed Scholarship Fund. You may write a check.

Mail to: Maricopa Community College Foundation
2419 West 14th Street • Tempe, AZ 85281

Or you can donate online at: <http://mcccdf.org/>

Either way, please indicate you are supporting the MCCRA Endowed Scholarship. A receipt will be sent to you.

Governor Ducey To Community College Leaders: "You're The Secret Sauce To Drive Our Economy"

Arizona Governor Doug Ducey and community college leaders from across the state agreed their schools are part of the economic engine that drives Arizona's economic momentum.

"By investing in you, we're investing in the worker," said Governor Ducey to 10 chancellors and presidents of community colleges in a roundtable in January.

The community college leaders discussed the impact the governor's proposed \$30 million to establish six new workforce accelerators at community colleges will make in their communities, emphasizing the Governor's dedication to workforce development.

Announced in Governor Ducey's 2022 State of the State Address, the workforce accelerators will pave the way for the workforce of the future and further accelerate Arizona's economic momentum.

Arizona's economic momentum was in part attributed to the strong partnerships between community colleges and industry leaders. As a top selling point for many companies, workforce and talent development is critical for a growing economy. Much of that momentum can be seen throughout the rural parts of the state.

Discussing the opportunities to implement four-year degrees at their colleges, the leaders agreed the option opens opportunity for all, especially in rural counties. Many of the potential four-year degree programs discussed included health care, nursing, aircraft testing, data science and hospitality.

See the Maricopa Community Colleges update on four-year degrees on page 2.

Connect from Home to Pre-Retirement Planning Events

MCCRA provides a valuable service to Maricopans anticipating retirement. Over 1,300 employees viewed and participated in last Pre-retirement sessions. These planning workshops have been offered in a hybrid format allowing in person or virtual attendance.

The Pre-Retirement workshops for the remainder of the fiscal year are offered in a virtual format connecting by computer or phone. Check the MCCRA webpage www.mccrassoc.org for more info on how to log in to meetings held online.

April 2022 - Virtual Meetings

Tuesday, April 5 | 11am-12:30pm

Arizona State Retirement System

ASRS Route 3: Destination in Sight

Join Webex Meeting, Meeting number: 2481 325 9204
Password: Qx6Q6C5ke6d

Join by phone +1-602-666-0783 U.S. Toll (Phoenix)
Access code: 248 132 59204

Wednesday, April 6 | 11am-1pm

Financial Planning, Medicare & Social Security

Join Webex Meeting, Meeting number: 2490 077 6953
Password: Nfj4Z8p6r3Q

Join by phone +1-602-666-0783 U.S. Toll (Phoenix)
Access code: 249 007 76953

MCCRA Dues are Due for 2022-23

Dues for MCCRA are \$25 per academic year due July 1. A bargain for newly retired Maricopans who receive their first-year membership FREE. Use the enclosed form on page 7 to submit your membership dues now. While you have your checkbook or credit card out, consider making a contribution to the MCCRA Endowed Scholarship Fund, which includes the Dr. Mildred Bulpitt Endowed Scholarship.