

President's Corner

Season's Greetings, fellow retirees. I hope that for all of you, 2017 is a happy and enjoyable year.



Your Council recently held its first meeting of the new year and those present were aware of the familiar face that was missing at the table, that of Bob West who died on November 30. Bob sat on Council for the past three years as the Association's representative on the University's Pension Trust Committee, a role that he assumed a few years after his retirement as the University's chief financial officer. Bob's deep understanding of the financial and fiduciary issues meant that his monthly reports to Council and at the Association's annual general meeting were always comprehensive and informative. He served also as the Association's auditor for eight of the past 11 years. The advice he gave on the Association's finances was always firm and persuasive. He will be missed. In his remembrance Council voted to make a donation to the Robert and Donna West Family Academic Grant in Nursing. Councillor Brian Beckberger kindly has agreed to serve out the remainder of Bob's term on the Pension Trust Committee for 2016-17.

*Les King,
MURA President*



Call for Nominations

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for the three-year term starting in June 2017, as well as for President and Vice-

President for 2017/18.

The Committee comprises:

Mary Johnston (Chair)
Eleanor Frank
Nora Gaskin
David Hitchcock
Betty Ann Levy

Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Mary Johnston: johnston@mcmaster.ca or 905-627-1409 or to any Nominating Committee member.

Submitted by Nora Gaskin,
MURA Secretary

Contacting MURA

Mail: Gilmour Hall B108, McMaster University, 1280 Main Street West, Hamilton, ON L8S 4L8

Phone: 905-525-9140, extension 23171 (voicemail is checked once a week)

Email: mura@mcmaster.ca **Web Site:** <http://mcmaster-retirees.ca/>

McMaster Nursing Team Leads Country-wide Innovations in Aging, Community and Health

An “app” for delivering better home care after a stroke

A computer application, or “app” for short, to coordinate home care services for stroke survivors is a prime example of the work of the Aging, Community and Health Research Unit (ACHRU) in McMaster's School of Nursing.

The web-based app allows a stroke survivor's home-care team to share information in real time thus avoiding communication problems that can compromise quality care. The team coordinator, nurses, physio and occupational therapists, and support workers use the My Stroke Team (MyST) app to interact on patient goals, assessments and care. In future, this app could link home care, hospitals and family doctors' offices, supporting a much wider model of community-based rehabilitation for a variety of chronic conditions.

MyST was developed by an ACHRU team led by Drs. Maureen Markle-Reid and Ruta Valaitis of Mac's School of Nursing, in conjunction with tech experts from iDeaWORKS at Mohawk College. Initial testing was so successful that the team was awarded funding from the Max Bell Foundation and the Canadian Institutes of Health Research to see how the app works in daily use.

About ACHRU

The vision of ACHRU is to work with older adults with multiple chronic conditions and their family caregivers to promote optimal aging at home.

Led by nurses, multi-disciplinary research is done in the community on topics related to stroke, Type 2 diabetes and dementia. Based on the evidence gathered and supported by theory, programs meeting the needs of the patients and their family caregivers are developed, evaluated and implemented. The patients and their family caregivers, as well as community agencies, are often an active part of the research team.

Funded by health, research and government agencies, ACHRU is conducting seven interrelated studies targeting the prevention and management of multiple chronic health conditions in seniors — specifically diabetes, dementia and stroke. The studies are mainly conducted in Ontario and Alberta, and involve collaboration with a wide range of researchers from McMaster (e.g. MIRA - the new McMaster Institute for Research on Aging), the community, and universities and health care institutions across Canada.

To find out more about the Aging, Community and Health Research Unit, visit <https://achru.mcmaster.ca>.

A new approach to diabetes care

Another new program developed by ACHRU could transform the way diabetes care is delivered to seniors, resulting in better health, and at no additional cost. McMaster nurses Drs. Maureen Markle-Reid and Jenny Ploeg are leading this project.

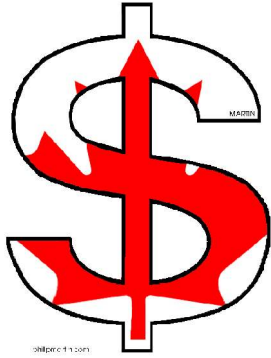
The new model moves care out of the clinic and into the community. The idea is to deliver care in a senior-friendly environment where all of a senior's needs — medical, social and psychological — can be met.

The pilot program and follow-up programs at seniors' centres and YMCAs in Ontario and Alberta bring registered nurses and dietitians together with specifically trained community centre staff and volunteers to deliver diabetes education, physical activity and peer support. The seniors also receive home visits from the nurses and dietitians, and are provided with transportation as needed.

The seniors in the pilot program had greater improvements in health-related quality of life than those receiving what is known as “usual care” with no increased cost to the system. The hope is that, after testing the model more widely, the program can be implemented to improve the lives of seniors with Type 2 diabetes provincially, nationally and even internationally.

This New sletter is published four times a year by the McMaster University Retirees Association. The Winter 2017 Issue of *MURAnews* was produced by MURA members Helen Barton, Phyllis DeRosa-Koetting, Mary Johnston, Kathy Overholt, and Marianne Van der Wel. Anyone wishing to contribute to *MURAnews* is invited to send submissions to the MURA Office (GH-B108; email: mura@mcmaster.ca; 905-525-9140, ext. 23171).

Current and past issues of *MURAnews* are posted on the MURA website (<http://mcmaster-retirees.ca/>)



January 2017 Pension Plan Increases

On December 15th MURA notified members (those that have provided MURA with an email address) of a 1.4% increase in pensions starting January 2017. This increase applies to both the Salaried Pension Plan and the Hourly Pension Plan.

The full increase of 1.4% applied to those who were receiving a pension from either of the plans on June 30, 2015, and is equivalent to the average monthly increase in the Consumer Price Index (CPI) for 2015/16. Those who retired between July 1, 2015 and June 30, 2016 received a pro-rated increase. Those who retired after June 30, 2016 received no increase. There were no supplementary increases this year.

Additional pension plan information can be found on the Working at McMaster website at www.workingatmcmaster.ca/pensions/

Find Out What's Happening at Mac through the McMaster Daily News Web Site

McMaster Daily News (dailynews.mcmaster.ca) is a good source of information about what is happening at the University. Features include:

- Upcoming events on campus;
- Leading-edge research conducted at McMaster – check out an article on the relationship between physical activity and risk of dementia *
- Notices of public lectures, including topics related to aging;
- Announcements of significant gifts to the University, such as a \$15 million gift from Chancellor Labarge last October to fund the Labarge Centre for Mobility in Aging **
- New programs and volunteer opportunities;
- Honours and prizes awarded to faculty, students and staff;
- Reports on McMaster sports teams.

Keep up with news from Mac. Make dailynews.mcmaster.ca your home page.

* dailynews.mcmaster.ca/article/couch-potatoes-face-same-chance-of-dementia-as-those-with-genetic-risk-factors

** dailynews.mcmaster.ca/article/preparing-for-the-aging-tsunami-target-of-15-million-gift-from-chancellor-labarge

A well-traveled Way

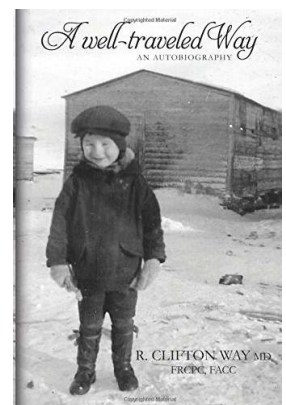
an autobiography by R. Clifton Way, retired Professor of Pediatrics, McMaster University

R. Clifton "Cliff" Way's early life did not bode well for his future. Born in the tiny northern Newfoundland fishing community of Flower's Cove, Cliff was seven when he lost his mother to tuberculosis. When he was eleven, his father died from a brain tumor, leaving young Cliff in the care of his grandparents.

Cliff might have spent his life working in the dying Newfoundland cod-fishing industry, but he showed an exceptional flare for academics, completing grade nine in a one-room schoolhouse at age thirteen. His teacher recommended the young man be transferred to the Grenfell School in St. Anthony, where he lived for two years at the Grenfell Mission Orphanage.

The mission's robust embrace of Christianity instilled Cliff with a need to serve others and pushed him to excel in his studies. He went on to graduate from McGill University's medical school and complete his postgraduate work at three different hospitals in Canada and one in Oregon. Ultimately he became a professor of pediatrics and director of the pediatric cardiology service at McMaster University.

A well-traveled Way explores the deep role Christianity played in one man's life, molding his academic and personal interests into a life of meaningful service. [citation from Amazon.ca]



Contact Information Change: Retiree Out-of-Province/Country Emergency Medical Coverage

As part of the retiree extended health plan, eligible McMaster retirees (and their eligible dependents) who live in Canada are provided with emergency medical coverage when they travel outside their home province and to other countries. This coverage is provided through Sun Life Financial. Sun Life will pay 100% of the cost of qualified emergency services up to a lifetime maximum of \$10,000.

Please note that claims for this plan are now handled by Sun Life's emergency travel assistance partner, Allianz Global Assistance.

! Allianz Assistance is available 24 hours a day and toll-free numbers are as follows:

- In USA or Canada 1-800-511-4610
- Elsewhere 1-519-514-0351 (call collect if available)
- Fax 1-519-514-0374

! Claims submission: Allianz Global Assistance, P.O. Box 277, Waterloo, ON Canada N2J 4A4

A summary of the coverage provided by this plan is provided by Human Resources at <http://tinyurl.com/mura-emerg-medical-coverage>. You may also contact the HR Service Centre at 905-525-9140, extension 22247, for this information.

Additional information is provided by MURA at <http://mcmaster-retirees.ca/benefits.html> under the heading **CLARIFICATION: The \$10,000 MEDICAL EMERGENCY COVERAGE (and how to use it)**

! Here is a card that you can complete and carry with you when you travel.

 TRAVEL CARD	 TRAVEL CARD
MEMBER'S NAME 25018	If you need any medical assistance, contact Allianz Global Assistance immediately.
GROUP CONTRACT No.	
MEMBER ID No.	24/7 assistance In the USA and Canada, call: 1-800-511-4610 From anywhere else: 1-519-514-0351 Call collect through an international operator. Fax: 1-519-514-0374

3 Non-drug Approaches for Dementia Patients

The following article summarizes a recent blog post from the McMaster Optimal Aging Portal. The Portal provides trustworthy information on a range of topics related to healthy aging. To see the full post go to <http://tinyurl.com/optimal-aging-dementia>.

Dementia is a devastating disease. The characteristic behavioural and psychological symptoms of dementia including agitation, aggression, wandering, resistance to care, delusions, hallucinations and repetitive speech, can be very upsetting for people with dementia as well as their loved ones.

How do caregivers cope with these challenging behaviours? Often, doctors prescribe medications including antipsychotics, antidepressants and anti-anxiety drugs to help calm patients, but there are problems associated with drug use including side effects that can lead to serious health issues. Recent evidence recommends a shift in the way we manage challenging symptoms of dementia, valuing non-drug approaches that calm and reassure people as a first treatment step.

1. Person-centred care: Getting to know all about you. One of the most promising approaches

involves an individualized person-centred model of care in which a person's background, likes/dislikes, values, culture and abilities are taken into account to develop communication and care strategies that encourage positive responses and interactions. Person-centred care has also been shown to benefit caregivers by promoting greater job satisfaction and preventing burnout.

2. Sensory stimulation: The healing power of touch Various types of sensory stimulation, such as hand massage, can help improve behaviours and the general wellbeing of people with dementia.

3. Music to soothe and relax Relaxing music has been shown to promote cooperation during meal times. Listening to music of their choice while receiving one-on-one personal care – such as bathing – may also help improve behaviour among people with dementia who are more resistant to care.

From Berlin to Vienna: Romance, Renaissance and Revolution October 16 - November 1, 2017

Please join Graham Roebuck, Professor Emeritus, McMaster University and your fellow McMaster retirees as we explore the riches of Germany and Austria. The trip begins on October 16, 2017 in Berlin where we will spend two days touring the city and then embark on a six-day Viking river cruise on the Elbe River to Prague. After an additional two days visiting Prague, we will begin a seven-day land trip to explore the great historical and cultural landmarks of south Germany and Austria. Four nights will be spent in Augsburg before continuing on to Vienna for a further three nights, where the trip concludes on November 1. During both portions of the tour, Dr. Roebuck will speak informally about the sites we visit, with a particular emphasis on their literary and historical significance.

For more information, please contact Elizabeth McCallum at 905-540-8747 or email emccallum@cruiseshipcenters.com. For additional details, please refer to page 8 of the Fall 2016 MURAnews (mcmaster-retirees.ca/MURAnews.2016-17.html).

Volunteer Opportunities

➡ Spring 2017- Exam Drop In @ the Chaplaincy Centre

We are looking high and we are looking low
As we prepare and check off all the things
needed row by row
For Exam Drop In, an event that will make faces
glow
For Exam Drop In, an event that will bring on
cheer and make bellies grow
During exams, a time when tired students face
their foe
If you had not heard and did not know
We welcome volunteers to host to and fro.
We seek donations of fresh fruit or cookies, juice
and maybe a crow?
(no, no, oh no...no crow)
We hope that your love and support of our work
will never let us go.

Exam Drop In begins on Tuesday April 11th and ends on Sunday April 23rd, not including Friday April 14th or any Saturday. Hosting occurs from 5:30 to 7:30 pm or 7:30 pm to 9 pm. Contact: Amanda Crossley at Email: chaplain@mcmaster.ca

➡ Bay Area Science & Engineering Fair (BASEF), March 30-April 4, 2017 at Mohawk College.

BASEF is an exhibition and competition of science, technology, engineering and mathematics projects for grades 7 to 12 students in Hamilton, Halton, Brant, Haldimand, Norfolk and Six Nations. Mac retirees from all backgrounds can help make this event a success.

- ! Volunteer Judges — Judging day is Friday, March 31. Volunteer at basef.ca/judging or email judging@basef.ca
- ! General Volunteers — Help with set-up, registration, supervising student activities, and welcoming and guiding participants and visitors. Volunteer at basef.ca/volunteer, email volunteers@basef.ca, or call Dana Bee at 905-906-4332.

➡ Can Type 2 Diabetes Be Reversed? Researchers are hot on the trail. Can you help?

Have you been diagnosed with Type 2 diabetes within the past eight years but are not currently taking insulin? Are you 30 to 80 years of age? Then you may be eligible to help with diabetes research by participating in diabetes remission trials being conducted at McMaster.

The Population Health Research Institute is leading national trials on remission of Type 2 diabetes. The trials focus on treating diabetes with an intensive diet, activity and drug regimen for three months. The drugs are then stopped and participants followed to see if the diabetes returns.

“We think this could work for up to 40 per cent of people with diabetes and possibly more,” said Dr. Hertzl Gerstein, senior investigator of the studies. He is a professor of medicine in McMaster’s Michael G. DeGroot School of Medicine and a Hamilton Health Sciences endocrinologist.

“Some studies have suggested that up to 10 per cent of people with diabetes go into remission with just diet and activity. Other studies say remission is higher with intensive medication therapy. So we had to test both together,” he said.

A completed pilot indicates promise according to Dr. Natalia McInnes, a McMaster assistant professor of medicine and endocrinologist and also the principal investigator for the studies.

One trial is currently ongoing at the Boris Diabetes Care and Research Centre in the McMaster University Medical Centre, and another one will start later this year. The diabetes center website is at: <http://www.hamiltonhealthsciences.ca/body.cfm?id=2762>

Intervention group participants are encouraged to do moderate physical activity for 30 minutes five to six days per week. They receive individual advice on how to improve their diet, take three diabetes medications for three months, and also have frequent visits in the clinic to help with lifestyle modifications. Control group participants continue on their usual diabetes drugs. Participants who achieve good glucose control after three months of follow-up are then asked to discontinue the diabetes medications, and continue with lifestyle changes and regular glucose monitoring. Participants are followed for 64 weeks.

If you meet the eligibility criteria and would like more information, please contact Ada Smith at 905-521-2100, extension 22166 or 22205.

Recent Passings

Alexander Bain, Chemistry, Dec. 28/16
Richard Farmer, Surgery, Oct. 6/16
Selina Ferrie, Building Operations, Nov. 12/16
Yvonne (Chip) Inkster, Financial Services, Nov. 26/16
David Inman, Neurosciences, Dec. 29/16
Harish Jain, Human Resources & Management, Nov. 2/16
Lajos Lorincz, Maintenance, Nov. 12/16
Maurice Mishkel, Medicine, Oct. 2/16
Mel Preston, Physics, Nov. 2/16
Gérard Vallée, Religious Studies, Oct. 15/16
William Walsh, Medicine, January 7/ 17
Derek Walton, Physics & Astronomy, Nov. 17/16
Robert West, Financial Services, Nov. 30/16

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~ For information regarding the scholarship which honours Pavlos Kanaroglou, who died May 13, 2016, see rs-legacy-of-pavlos-kanaroglou/

~ A remembrance of Gérard Vallée can be found at <http://tinyurl.com/globeandmail-gerardvallee>

~ An article regarding William Walsh's contribution to McMaster Medical School appeared in the Daily News at: <http://tinyurl.com/mac-dailynews-billwalsh>

~ To contribute to the "Robert and Donna West Family Academic Grant in Nursing", go to <http://tinyurl.com/mac-donate-westfamilygrant>

College and University
Retiree Associations of Canada



Associations de retraités des
universités et collèges du Canada

News from CURAC

CURAC President, Ken Craig, recently wrote to all member associations, including MURA, to remind us of the benefits that come from belonging to this pan-Canadian association. The benefits available to MURA members through CURAC include:

- ! preferential rates on property insurance and vehicle insurance through an affinity agreement with Economical Select;
- ! discounted rates on Collette Tours travel programs, based on an affinity agreement with that company;
- ! travel and extended medical insurance, which should be available through CURAC in the near future.

MURA participates in regular surveys by CURAC on medical and non-medical benefits provided to retirees by post-secondary institution across Canada. The 2016 report of CURAC's Benefits Committee, which can be viewed at www.curac.ca/?page_id=2732, provides interesting comparisons of post-retirement benefits among universities.

You can find the full text of Ken's letter on the MURA web site at <http://tinyurl.com/mura-curac-benefits>.

I am a Seenager (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car. The people I hang around with are not scared of getting pregnant and they do not use drugs. And I don't have acne.

LIFE IS GREAT!

UTS Services for Retirees

Retirees often ask what services the University Technology Services (UTS) Help Desk supports for retirees.

The UTS Service Centre recently confirmed their current mandate for providing service to retirees. UTS is able to provide phone and walk-in support for:

- ! McMaster's MacMail email service *
- ! MAC IDs and passwords **
- ! on-campus WiFi
- ! VPN (connecting to the University computer network from an off-campus computer)
- ! the on-line Campus Directory ***

If the source of the computer issue is beyond the services listed above, such as hardware or other types of software problems, the Service Desk may also suggest that the retiree seek alternative assistance from a certified retail outlet.

Retirees can contact the UTS Service Desk at 905-525-9140, extension 24357, or email to uts@mcmaster.ca. The UTS Service Desk is located on the McMaster Campus in Burke Science Building Room 245. The suggested hours for walk-in support are Monday to Friday, 9:00 am – 12:00 pm and 2:00 pm – 4:00 pm.

For more information, see:

* macmailhelp.mcmaster.ca/MacMail/retirees

** Summer 2016 MURAnews, Page 5.

*** Summer 2016 MURAnews, Page 6.

[mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/SUMMER2016.frames.html]

Let Us Know If We Can Stop Mailing *MURAnews* to YOU

Please help MURA's budget by opting out of the postal mailing of *MURAnews*. Email Helen Barton at barton@mcmaster.ca or call her at 905-528-8951.

You can print your own *MURAnews* from the PDF copy we send by email, or just click the link in the email and read online.

A Reminder for your End of Life Planning

You might be amazed to learn how often Human Resources does not find out about a retiree's death until months – or even years – after it occurs.

Make things easier for the executor of your will and your family by putting a note with your will and other important papers instructing that Human Resources should be informed of your death as soon as possible. The Human Resources Services Centre can be contacted by phone at 905-525-9140, ext. 22247

Without timely notification, your estate will be required to pay back any pension payments received after your death.

Also, you should keep a copy of your McMaster life insurance documents with your important papers. The Human Resources Service Centre will be pleased to provide you with a copy if you need it.

Welcome New Members

Laura Bonilla, Medicine
Luke Chan, DeGroote School of Business
Rosalind Clarke, University Library
Joanne Dupuis, Medicine
Louise Eltringham-Smith, Pathology & Molecular Med
Donna Fedorkow, Obstetrics & Gynecology
Nancy Hollinshead, Health Research Services
Jeffrey Hoyt, Materials Science and Engineering
Paramjit (Pam) Singh, Obstetrics & Gynecology
Susan Speare, Financial Services
Terence Sullivan, Security & Parking Services
Susan Thomas, Medicine
Theresa Thomson, Regional Medical Associates

and a belated welcome to

Marie Bailey, Pathology & Molecular Medicine
Marguerite Jackson, Office of the Registrar
Basanti Majumdar, School of Nursing
Katherine Philp, School of Geography & Earth Sci

Upcoming Events at Mac

Discover Psychology Lectures

These lectures, held on campus in the **Psychology Building** (Room PC-155), are part of a FREE series for students, staff, faculty, alumni, and all members of the public (<http://tinyurl.com/psych-lectures-winter2017>).

! On **Friday, February 10th from 3-4pm**, Dr. Barbara Fenesi from the NeuroFitLab in the Department of Kinesiology will give a talk on: ***Quality sleep, good grades, and healthy genes: the many more reasons to exercise...so why don't we?*** Dr. Fenesi examines how exercise and cognitive training directly impact our underlying neural machinery, with the goal of uncovering evidence-based strategies that promote memory and learning in a diverse student body, in healthy older adults, and in those diagnosed with Alzheimer's disease.

! On **Friday, March 10th from 3-4 pm**, Dr. Martin Gibala from the Department of Kinesiology will give a talk on: ***Interval Training for Health: 'HIIT' or Hype?*** Dr. Gibala, Chair of McMaster's Department of Kinesiology, conducts research on the physiological and health benefits of high-intensity interval training.

Contact: Christine Kennedy, 905-525-9140 ext. 27296, ckenned@mcmaster.ca

Lager Lectures

FREE series organized by the McMaster Alumni Association (<http://tinyurl.com/lager-lectures-winter2017>)

! Lecture by Stephen Broomer on ***the McMaster Film Board and the Roots of the Canadian Film Industry***. Wednesday, **February 22, 7:00– 8:30 pm**, David Braley Health Sciences Centre, Auditorium, Room 2032, 100 Main Street West, Hamilton

! ***Unapologetic: Acts Of Survivance Talk & Tour***. Aboriginal Curatorial Resident, Rhéanne Chartrand, will provide an intimate and thought-provoking guided tour of selected works from the 1980s by eleven Indigenous artists. McMaster Museum of Art, Thursday, **March 9th**. There will be two talk & tours, one at 4:30 pm, the other beginning at 5:30 pm. When registering, please select the time slot you would like to attend.

! ***What's wrong with Vimy? The Uses and Abuses of Canada's First World War***. Talk by Dr. Ian McKay, Tuesday, **April 11, 7:00- 8:30 pm**, David Braley Health Sciences Centre, Auditorium, Room 2032, 100 Main Street West, Hamilton

Contact: Jessica Lounsbury, 905-525-9140 ext. 24882, jlouns@mcmaster.ca

Concerts

These take place on the 2nd Floor of University Hall (UH-213) (<http://tinyurl.com/sota-concerts-winter2017>)

! ***Ensemble Caprice Baroque***, Friday, **February 17, 2017 at 8:00 pm**. Admission: Regular \$20 | Seniors (65+) \$15 | Student \$5

Payment can be made in cash or by cheque, debit, and credit over the phone, in person at TSH 414, or at the door.

! ***Free Luchtime Concert***
Sonia Vizante, David Gerry & Shoshana Telner Violin, Flute, Piano. Tuesday, **February 7, 2017, 12:30 p.m.**

Contact: 905-525-9140 ext. 27671 or sota@mcmaster.ca



If you do not have access to a computer and would like a copy of any of the items to which we have provided computer links, please leave a message on the MURA phone (905-525-9140, extension 23171) and we will print a copy and mail it to you.



2016 MURA Scholarship Recipient **Grace Martin**

Grace wrote:

Dear donors of the MURA Scholarship,

"... I would like to thank you for your generosity in donating to the MURA scholarship. I am honoured to have received this award. I am in my third year at McMaster University completing a double major in Gerontology and Health Studies. Alongside my studies, I volunteer at a Retirement Residence with individuals with dementia. Volunteering has given me the opportunity to put the knowledge I am acquiring into practice and I look forward to being able to improve care for individuals with this condition in the future.

The Gerontology program is truly exceptional at McMaster. The faculty and students are eager to learn and share their knowledge. This learning environment has given me the tools to become passionate about my education and excited for my future endeavours in the field. This scholarship will help me in fulfilling my passions and achieving my goals and for that I am extremely grateful."

Thanks to the generous support of past donors, Grace received a scholarship of \$2,000.

In 1991, MURA created a scholarship for a full-time student in the Department of Gerontology and a year later, added a prize for a part-time student.

MURA Council hopes that you will consider making a gift to the MURA Scholarship and Prize Fund this year so we can reach our goal of increasing the \$2,000 scholarship for full-time students by 25% in honour of its 25th year. At the same time, we also hope to build the prize for part-time students to an annual value of \$750.

You can make your gift online at MURAscholarship.ca or by calling Meggie MacDougall, Alumni Officer, Special Projects at 905-525-9140 ext 24667.