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## Retiree Spotlight

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DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION

University of Arkansas System

## Judy Urich Made Big Plans for Retirement

**D**r. Judy Urich is a planner, and retirement was no exception.

When she retired as Extension's family resource management specialist eight years ago this July, she planned for balance.

She divided her life into four parts to ensure she was keeping her priorities straight.

"Number one was exercise," she said. "Like most older people, I've gathered some health baggage."

To help with her arthritis and Type 2 diabetes, she attends water aerobics classes three times a week as well as other exercise activities.

Her second goal was to play bridge, something she wasn't able to commit to while working for Extension. She plays with a group of women in west Little Rock three or four times a month.

The third piece of Urich's balancing act is travel. Between her travel while working for Extension – and the trips she's taken since retirement in 2004 – she has visited all 50 states. Over the past



Judy Urich

few years, she has also crossed the Atlantic twice and the Pacific three times. This summer she's headed to Canada for the fifth big trip she's taken since retirement.

Urich's fourth retirement priority is volunteerism. She is careful not to over-volunteer (that would be unbalanced), but she has picked up a good number of church- and career-related volunteer jobs. She's an advocate for AARP and was involved in ridding the state of payday lending storefronts.

She is also a volunteer for VITA (Volunteer Income Tax Assistance). She's busy every Tuesday during tax season helping people complete their tax forms. She assists

with between 65 and 80 forms every year.

Urich is also part of the Senior Medicare Patrol, training volunteers to assist Medicaid users to spot fraud and report it. She's on the SMP advisory council.

She also sings in the church choir and is active on her church's board of directors.

It takes a little doing to keep all that in balance, and Urich has found the magic word for maintaining her equilibrium: "no."

"I can say no, and I have said no," she notes.

Urich has two children and four grandchildren. She has started writing her life stories and is interested in biographies and memoirs. She also has a new habit of writing down her memories of friends and family and sharing them with the subjects. She has found that people are particularly happy to read the stories of loved ones who have passed away.

To reconnect with Dr. Judy Urich, contact her at 501-228-4899, P.O. Box 24667, Little Rock, Ark. 72221.

– Shannon Magsam

## Bored With Retirement, Berline Wright Took on New Challenges

Berline Wright takes great pleasure in seeing the children she worked with in 4-H blossom into adults who are making a difference in the world.

She mentioned one particularly shy boy who started out in 4-H when he was about seven. Wright was intentional about enrolling him in various competitions and activities that would draw him out of his shell and increase his confidence. The little boy is now grown with a great job and not a shy bone in his body.

He still visits Wright and has thanked her for investing her time.

Of course, as 4-H program assistant for eight years in Cross County, it was her job to work with 4-H students, but she made sure her heart was always involved along with her hands.

She enjoyed working with the kids, but also liked helping start new 4-H clubs and scheduling events.

"It was all very rewarding," she said.

Wright retired from Extension in 2007 but is still president of the Summer Sweet Home Extension Club in Cross County. She also teaches Extension workshops.



Berline Wright

It's a good thing, too, because she was bored after she retired. This mother of three sons, grandmother to five grandchildren and great-grandmother to two added a few other jobs to her plate as well.

"I'm a people person," she said. "I didn't like retirement. So I'm now the activity coordinator at the Wynne Senior Center."

Wright, a widow, has indulged in a few retirement-like activities, including travel.

She just returned from a trip out West with a tour group.

She's also started writing in a journal. She said nobody in her family has ever kept records, so it's going to start with her.

"I'm writing down everything I know," she said. "When I die, somebody won't have to work as hard as I have to do the research."

Wright is doing well after having surgery last year around this time. This summer she plans to visit her son and his family in Georgia.

To reconnect with Berline Wright, contact her at 870-208-3488, 3808 Highway 284, Wynne, Ark. 72396.

– Shannon Magsam

## Honorary and Memorial Gifts

The following honorary and memorial gifts were received to support professional development opportunities for faculty and staff of the Cooperative Extension Service. This list covers honorary and memorial gifts deposited July 1-31, 2012.

### ■ Cooperative Extension Service Retiree Scholarship

*In honor of Kay Dickens*

Portia Short

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Portia Short

Honorary or memorial donations may be forwarded to the Development Office, Cooperative Extension Service, 2301 South University Avenue, Little Rock, Ark. 72204. To ensure that proper notification is sent, please also include in whose honor or memory the gift is made and the mailing address of the person to receive the notification.

– Merritt Royal

## Inez Hennigan, Retired Administrative Secretary, Dies

Inez Y. Hennigan, 90, of Little Rock, passed away Aug. 1 at Chenal Heights Nursing Home in Little Rock.

Hennigan graduated from Little Rock Central High School and began work as a secretary at the Extension state office in Little Rock. She worked for Extension for 40 years and served as administrative secretary to three Extension directors.

She was a member of Trinity Presbyterian Church in Little Rock. She is survived by a niece, Mary Beth Pryor; two sisters-in-law, Alene Yielding and Elizabeth Yielding; and several other nieces and nephews.

Graveside services were held Aug. 4 at Pinecrest Memorial Park in Little Rock. Memorials may be sent to Trinity Presbyterian Church, 4501 Rahling Road, Little Rock, Arkansas 72223. *— Laura Goforth*

## Retired District Program Leader Beverly McNew Dies

Dr. Beverly M. McNew, 85, of Conway, died July 18. She worked for Extension for 29 years. She served as county Extension agent - home economics in Independence, Baxter, Pope, Randolph and Marion counties and completed her career as a district program leader.

She is survived by her daughter, Terrie Treadway of Stamps, who is county Extension agent - family and consumer sciences in Lafayette County; sister, Bobbie Bennett of Conway; two grandchildren; three great-grandchildren; eight stepchildren; 19 stepgrandchildren and 25 stepgreat-grandchildren.

Funeral services were held July 21 at Roller-McNutt Funeral Home in Conway with burial at Crestlawn Memorial Park. *— Laura Goforth*

## SEPTEMBER BIRTHDAYS

Kay Dickens, Sept. 1  
Vernon Wills, Sept. 1  
Diana Baker, Sept. 4  
James Denton, Sept. 4  
Johnnie Younger, Sept. 5  
Jean Crow, Sept. 6  
Carol Sanders, Sept. 8  
Barbara Singleton, Sept. 8  
Venetta Rice, Sept. 9  
Jerry Wooley, Sept. 9  
Catherine Grills, Sept. 12  
Lee Hunter, Sept. 12  
Bill Wallace, Sept. 12  
Loretta Smith, Sept. 14  
Raymond Benz, Sept. 16

John Leinhardt, Sept. 16  
Charles Albritton, Sept. 17  
Irene Carlock, Sept. 18  
Steven Simpson, Sept. 18  
Jeanne Thompson, Sept. 18  
Sherylon Mason, Sept. 20  
Bill Jones, Sept. 21  
June Williams, Sept. 21  
Michael Wright, Sept. 21  
Tom Mertens, Sept. 23  
Willie Booker, Sept. 25  
John Carter, Sept. 28  
William Dodgen, Sept. 28  
Henry Rice, Sept. 28  
Bettie Wilson, Sept. 30

## From the Editorial Board

If you are staying indoors to avoid the extreme heat, you may find yourself wishing you could get outside and exercise.

Well, you can.

The easiest way to start exercising is to call your local County Extension Office to see if your county agent has an exercise program already going you can join. If there is a program underway, join the program right away and enjoy doing something healthy for you.

If there is no exercise program, try to persuade your county agent to begin a program and offer to volunteer in helping get it started.

If you'd rather stay at home and exercise by yourself, you can do that as well. Go to the Extension web site at [www.uaex.edu](http://www.uaex.edu). Once you're on site, click on Health and Nutrition. You will see three pictures, labeled, "health, nutrition and food safety."

Click on the picture of the woman walking, with "Health" underneath the picture. The two exercise programs you'll see are "Fit In 10" and "Stretch It Out." The "Stretch It Out" demonstrates exercises you can follow with a stretch tube you can purchase at a local Wal-Mart or other store that carries exercise equipment.

Or you can choose "Fit In 10." When you click on "Fit In 10," you'll notice red pdf links labeled, "Increasing Physical Activity as..." in four areas: balance, endurance, strength and stretching. If you skim through each fact sheet, you'll find exercises demonstrated for you. These exercises require no special equipment, and you may want to follow one set of exercises each day for a four-day cycle.

As you avoid the heat, don't stop exercising. Convince your local county Extension agent to start an exercise group you can join, to let you join a group already formed or take advantage of information on Extension's web site and get busy staying healthy.

Stay cool, stay healthy and stay safe.

Your Editorial Board

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