Noor Islamic Center

By Nancy Wardwell

Mark Twain wrote: “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely …”

The trip for many OSURA members was as short as across town to the Noor Islamic Center where members of the congregation shared a most meaningful experience they called “Islam 101”. Through their wisdom and generosity we were fed intellectually, spiritually, and physically.

There were other excellent hosts, and Farooq Wirt was our candid and dynamic presenter. He made us feel welcome and generously shared information about the tenets and practices of Islam. Later, we had the opportunity to tour the beautiful Noor Cultural Center. Farooq made interesting and helpful connections to the commonalities of Islam with other religions. It is helpful to recall that, after all, Judaism, Christianity and Islam are all descended from Abraham.

There are close to 1 million Muslims in central Ohio, and Noor is just one of 24 or more mosques in the area. Susan Berntson, OSURA planner of the visits, related “The first time I met Farooq I felt a connection with him and the plight of Muslims in this country. My affection for them is based on the message of peace they practice and preach.”

Sister Nicol and Sister Amina joined Farooq, and all were open to our many questions. Of course, one of those questions was about ISIS. The quick, clear answer is that ISIS no more represents Islam than the KKK represents Christianity!

Their generosity included food. Warm, delicious little cheese and spinach pies called “feytayer” were brought in during a break and served with perhaps the best tabbouleh ever!

Everyone who has taken “Islam 101” comes away with Susan’s wish in arranging the trip – that we go away with a greater understanding and appreciation of Islam, our Muslim neighbors, and our common wish for peace in America and around the world.

It was travel well-taken.

To schedule or inquire about a tour: mailto:outreach@noorohio.org
FROM: The President

April Showers bring May Flowers...for OSURA.

I hope that April mailings bring new members! OSURA represents all Ohio State University Retirees and considers them members. Prior to our affiliation with the Alumni Association, we only had one opportunity to contact retirees, which was shortly after retirement. OSURA is thankful for you who made the decision to join as an “Active Member” with that one official contact! Thank you! Now, as being part of the Alumni Association, we are once again allowed to contact retirees who are not members. As part of our “Scarlet Status” with The Alumni Association they are paying for our mailing to over 4827 OSU Retirees who haven’t become “Active Members” with OSURA yet. They will be receiving both an invitation to the OSURA Spring Fling in May at the Longaberger Alumni House as well as information about OSURA Membership. The goals are to share with them about what OSURA does and has to offer them with activities, publications and monitoring of retirement benefits. The big goal is that a portion will become “Active Members” just like you! I am excited about this opportunity to be able to reach out to them again about OSURA.

OSURA wants to keep in contact with its members. I have gotten some emails from members whose address labels are not correct; please call Customer Service at 1-800-762-5646. Tell them who you are and the issue you are having. They will check to make sure we have your correct address and can look to see what the issue may be. We have learned that if you have put restrictions on being contacted by the University, it may limit the ability that OSURA has to connect with you.

It was nice to get emails from members who appreciated the Board’s statement on POP 5. The OSURA Benefits Committee members, after investigation and discussion, recommended the action to the Board, so we acted on your behalf. Thank you for reading our newsletter and for staying in touch with OSURA.

Shirley Fields McCoy
President, OSURA Executive Board

A reminder that the Campus Campaign is in full gear and your support is greatly appreciated. It is the unparalleled event that allows us to support the research, programs and people that make this university great.
Buckeye Wellness Lunch and Learn is a speaker series at the Ross Heart Hospital. Speakers vary from month to month on Fridays at 12 noon. This is a free event, but you will need to pay for parking at the Safe Auto Garage next to the Ross Heart Hospital if you attend and don’t have an OSU Parking Pass. The first 20 OSU Retiree registrants get a free lunch that day.

**When:** .................. Friday, April 28, 2017 from 12 – 1 p.m.

**Where:** .................. Ross Heart Hospital Auditorium | 452 W 10th Ave. | Columbus, OH 43210

**Contact:** .................. Lauren Battista
                               Buckeye Wellness – OSU College of Nursing
                               614-293-8937 | battista.28@osu.edu

**Online Registration:**  http://events.constantcontact.com/register/event?llr=ilcbvhjab&oecd=a07edspwy1e8a0686

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**Welcome New Retirees**

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<th>Name</th>
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<tr>
<td>Bruce Vickers Alden</td>
<td>University Hospitals</td>
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<td>Ernest E. Beidleman</td>
<td>RIO Operations HQ</td>
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<td>Shirley Ramona Blanton</td>
<td>James Cancer Hospital and Solove Research Institute</td>
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<td>Eileen Mehl Boelcskevy</td>
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<td>Mary Beth Boyd-Brown</td>
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<td>Kathleen E. Cadmus</td>
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<td>James Cancer Hospital and Solove Research Institute</td>
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<td>Kathryn Ann Davis</td>
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<td>Martha Jane Filipic</td>
<td>FAES Communications</td>
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<td>Julie A. Friesen</td>
<td>Internal Medicine</td>
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<td>Barbara Sue Gassin</td>
<td>Government Affairs</td>
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<td>Debra Michelle Graham</td>
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<td>Diane Mae Hartzler</td>
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<td>Katie Mae Johnson</td>
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<td>Larry Gene Kirtley</td>
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<td>Teresa Ann Landhoft</td>
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<td>Sandra Jean Li</td>
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<td>Milica Petrovic</td>
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<td>Ann T. Root</td>
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<td>Susan Annette Scoby</td>
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<td>Nancy Goettemoeller Stehulak</td>
<td>OSUE County Operations</td>
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<td>Michelle Margaret Stover</td>
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<td>Marna A. Utz</td>
<td>Mansfield Campus</td>
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<td>Austin Dewayne Wallace</td>
<td>James Cancer Hospital and Solove Research Institute</td>
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<td>Merida S. Weinstein</td>
<td>Law</td>
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<td>David D. Wolfe</td>
<td>Shared Services</td>
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Calendar of Events

COMMITTEE MEETINGS

April 4 (Tuesday)
Benefits Committee
Time/Place: 9:15 a.m. Longaberger Alumni House, 2200 Olentangy River Road

April 5 (Wednesday)
Health & Wellness Committee
Time/Place: 9 a.m., Panera Bread, 4519 N. High Street

April 11 (Tuesday)
Board Meeting
Time/Place: 9 a.m., Longaberger Alumni House, 2200 Olentangy River Road

MONTHLY ACTIVITIES

April 13 (Thursday)
Photo Society
Program: “Philippines In-Laws” — Paul Niswander and his wife Analee will share photos and their experiences in Manila, “The Peoples Park,” Bohol Island (home of a butterfly sanctuary), Leyte, Cebu City, and Southern Cebu Island where Analee lived and conducted missions.
Member Theme: “Family Album” limit 3 images. Follow past instructions. New members always welcome.
Time/Place: 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club. You MUST make reservations for dinner by calling 614-292-2262 by April 11.
Cost: On your own
Arranger: Lawrence Kennedy (Photographic Society SIG)

April 15 (Saturday)
Walking/Hiking Group
Challenge Level 2-4
Everyone welcome. Join us for our first visit to Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville. Experience with us the Glacier Ridge Trail while watching for woodland animals and birds. Should be a good opportunity for those special camera shots.
Time/Place: 11 a.m., we’ll meet at the parking lot.
Arranger: Hallan Noltimier (Walking/Hiking SIG)

April 19 (Wednesday)
Book Club
REGISTRATION REQUIRED
On Immunity: An Inoculation, by Eula Biss. This is the best of the cornucopia of books, etc. on the “hot button topic” of vaccination. If you want to understand the truths and consequences about vaccines, this is a literate and concise way to do so.
Time/Place: 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive. Call Lee Hill (614-459-4743) for directions.
Arranger: Lee Hill (Book Club SIG)

April 20 (Thursday)
Lunch Bunch:
Container Gardening
REGISTRATION REQUIRED
Gardeners with small spaces or mobility problems can use containers to grow flowers, vegetables and small fruit on their deck, balcony or front porch steps. Learn how to develop a container garden with Crystal Salt, OSU Extension Master Gardener Volunteer.
Time/Place: 11:15 a.m., MCL Cafeteria, Kingsdale
Cost: On your own, order through cafeteria line starting at 11:15 a.m., program at approximately 12 noon.
Registration Deadline: Register at OSURASocial@gmail.com or call 614-292-2281 by April 18
Arranger: Shirley McCoy (Social Committee)

April 25 (Tuesday)
Tertulia Breakfast
Please join OSURA members and friends for breakfast and conversation.
Time/Place: 8 a.m., OSU Faculty Club
Cost: On your own
Arranger: Jerry Dare (Tertulia Breakfast SIG)

April 26 (Wednesday)
Bridge Group
Come enjoy the fellowship, and have fun playing a good game of bridge at the same time.
Time/Place: 1 p.m., Friendship Village of Dublin, North CR
Arranger: Steve Miller (Bridge Group SIG)

April 27 (Thursday)
Dinner Series:
Just Following Orders
REGISTRATION REQUIRED
Ron St. Pierre will impersonate a spectator who recounts the trial, the verdict and execution of Captain Heinrich Wirz, Commandant of the Anderson Prison in Georgia—the only Confederate soldier convicted and executed for war crimes. Was he following orders, a scapegoat, or guilty?
Time/Place: 5:15 p.m., social hour, followed by dinner at 6 p.m. and program at 7 p.m.; OSU Faculty Club
Cost: $23 (service charge included)
(Bring a canned or non-perishable item for the Buckeye Food Alliance.)
Registration Deadline: Register at osura.osu.edu by April 24
Arranger: Howard Gauthier (Dinner Series SIG)

CHALLENGE LEVELS

1 Light – may include a few stairs.
2 Moderate – may include a few sets of stairs.
3 Moderate + – may include climbing many stairs and/or uneven terrain.
4 High – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

Abigail Jones, medical consumer librarian of OSU, provided the March Lunch Bunch useful facts about sources of health information.
Registration Instructions

1. Registrations requiring payment: Registrations can be made by going on-line to osura.osu.edu or by calling 614-292-2281 or 1-800-762-5646. You can pay by credit card (preferred), or if you mail in a check make it payable to OSUAA. Put the name of the trip in the Note/Memo section of the check and send or drop off to:
   - Customer Service
   - c/o OSURA
   - Longaberger Alumni House
   - 2200 Olentangy River Road
   - Columbus, OH 43210
   - The reservation is not made until payment is received.

2. Registrations NOT requiring payment: Registrations will be made through the Arranger’s email provided in the description of the event, or if you do not have computer access call 614-292-2281.

SPECIAL EVENTS

April 30 (Sunday)
BalletMet – Romeo and Juliet
Challenge Level 1
REGISTRATION REQUIRED
OSURA has arranged for discounted reserved seats and a pre-performance chat. Learn about the dancers, choreography and the production before the performance. Then, experience the exceptional artistry of BalletMet as it performs Shakespeare’s timeless tale of star-crossed lovers, Romeo and Juliet. The Columbus Symphony Orchestra will provide live music.

Time/Place: Will Call – 2:30 p.m.; doors open – 1 p.m.; pre-show chat (Galbraith Pavilion Patron Lounge) – 1:15 p.m.; performance – 2 p.m.; Ohio Theatre, 39 E. State Street
Cost: Two discounted options – $37 zone 4, $23 zone 5. Tickets will be held at Will Call.
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by April 20
Arranger: Raimund Goerler (Cultural Arts Committee)

May 2-3 (Tuesday, Wednesday)
Shaker Village of Pleasant Hill

May 6 (Saturday)
Health & Wellness Event
REGISTRATION REQUIRED
Two lectures will be presented: 9 a.m. Food for Thought: Eating for Physical and Mental Well-Being by Ashlea Braun and at 10 a.m. The Baby Boomer Healthy Lifestyle by Lenier Crawford. A question-and-answer period will follow each lecture.

Time/Place: Registration 8:30 a.m.; program 9-11 a.m., Martha Morehouse Medical Plaza, 2050 Kenny Road
Cost: Free
Registration Deadline: May 4 – email OSURA.Health.Wellness@gmail.com
Arranger: Carl Leier, Rod Tomczak, and Elaine Glass (Health & Wellness SIG)

June 2 (Friday)
Art and More in Downtown Columbus
OSU Urban Arts Space and Moyer Ohio Judicial Center
Challenge Level 2
REGISTRATION REQUIRED
Docent-led tours of Art/Engineering exhibit and Rooftop Garden (if weather permits) at the OSU Urban Arts Space. Box lunch from Freedom Ala Cart and docent-led tour of the remodeled Supreme Court Building. This tour features art, architecture, Ohio history and the workings of the court system. Register by calling 614-292-2281.

Meet by: 11 a.m., Lazarus Building, 50 W. Town Street, Suite 30
Return: 2 p.m.
Cost: $15 (tour and box lunch-turkey sandwich or salad with chicken, also GF, vegetarian, or vegan options)
Registration/Refund Deadline: May 18
Arranger: Diane Driessen (Cultural Arts Committee)

September 2-10
The “Magnificent” Canadian Rockies

Vancouver, Jasper, Lake Louise, Banff, Calgary
REGISTRATION CLOSED
Depart: TBA September 2 (Saturday) from CMH
Return: TBA September 10 (Sunday)
Payment Deadline: Final payment due July 4
Arranger: Alabelle Zghoul (Travel Committee)

September 12-16 (Tues.-Sat.)
Stratford Festival
Ontario, Canada
Challenge Level 2
REGISTRATION REQUIRED
Limited tickets – register ASAP. For more information go to– stratfordfestival.ca.
PASSPORT REQUIRED
Meet by: 7:45 a.m., Tuesday, September 12th back parking lot at Kohl’s, 3360 Olentangy River Road
Return: Approximately 5 p.m. Saturday, September 16
Cost: $1,075 double; $1,480 single at the door
Registration/Payment Deadline: Register at osura.osu.edu or call 614-292-2281 with a $300 deposit due with reservation by May 1, (space is limited, so don’t wait until last minute); balance due June 23
Cancellation/Refund Deadline: June 23
Arrangers: Odette Blum and Marilyn Blackwell (Cultural Arts Committee). For questions–blum.1@osu.edu or 614-262-1541
A Short Answer

By Nancy Wardwell

State Pensions: Apples to Apples? or Apples to Oranges?
Dick Hill has been providing OSURA with a provocative series he calls “Short Answer.” The most recent question posed was: “What is the nationwide spending on Public Pensions?”
The answer: on average, 4.1%
There are several points to be drawn for Ohio in general, and for Ohio State retirees in particular.
1. The spending rate in Ohio is a lower figure: 3.51%!
2. That money is not “taxpayer” money but is a taxable part of the employee’s contracted salary.
3. Public pensions are a good buy for Ohio. Most retirees stay in Ohio – that money is spent in Ohio!
4. For every single dollar spent for food, energy, and other goods, its actual value is $1.54. Yes, $1 = $1.54!
Comparing public pension plans among states is simply not comparing apples to apples. Only seven states do not include Social Security in their retirement packages. All the other state plans are combinations of social security, pension funds, and other sources – in a variety of proportions.
Ohio’s five public pension systems predate Social Security and in spite of challenges, remains one of the strongest in the nation.
Just because we read it in the newspaper, it may not be true, or it may have a slant. To keep informed of public retirement nationally, go to NASRA.org (National Association of State Retirement Administrators).

Gary holds the Doctor of Veterinary Medicine degree from The Ohio State University and served on the faculty, retiring in 2003 but continuing on as a returning retiree until 2013. He taught classes in preventive medicine for animals and was an Extension veterinarian assisting pork producers with research-based information.
Nancy is an alumna of OSU also and is retired from the Fairbanks Local Schools in Union County where she was mainly involved with remedial reading at the elementary school level.
They have five grandchildren. At the time of the interview they had just returned from a visit with the three living in California. Two others live in Ohio.
They have been involved with OSURA “at a distance.”
Growing Number of Adults are Prescribed Psychiatric Drugs

By Meg Teaford

A recent article in the JAMA Internal Medicine (Maust and Gerlach, February 13, 2017) has caught the attention of those treating older adults. The authors found that the number of adults age 65 and older who take at least three psychiatric drugs has more than doubled in the decade between 2004 and 2013. Among those significantly more likely to have such prescriptions given are rural older adults and women. Perhaps most alarming is that 46% of those receiving these prescriptions do not have any diagnosed mental health, chronic pain, or sleep problems.

The researchers looked at almost 98,000 older adults in the National Ambulatory Medical Care Survey. These patients had visited primary care physicians. In only 5.3% of the cases were patients referred to psychotherapy or to stress management (6.7%).

Why is this important? The good news is that older adults are more receptive to mental health services, a major shift. With depression a major problem among older adults, this is a break-through. This report also tells us that more mental health services are being provided in primary care settings, which could lead to earlier identification of mental health problems.

But this is of concern for several reasons. First, the US Food and Drug Administration recently warned again about the dangers (including death) of using opioids along with anti-depressants. Common side effects of these combinations are dizziness and confusion. Confusion can lead to a misdiagnosis of dementia. For these reasons, nursing homes have been working to decrease these medications, but often patients are admitted with such prescriptions.

Secondly, this study highlights the lack of access to other treatment options in rural areas. This is a problem for rural residents of all ages. Finally, although the authors did not highlight this finding, women are more likely to have these prescriptions than men. Although women are also more likely to visit a doctor than their male peers, one has to be concerned when so many of the women did not have a mental health or chronic pain diagnosis. Are they receiving these prescriptions because they have vague complaints and it is easier to give medication than to spend more time with the patient? Hopefully this report will lead to better prescription practices among primary care doctors.
Address Service Requested

Customer Service
c/o OSURA
Longaberger Alumni House
2200 Olentangy River Road
Columbus, Ohio 43210

First Community Village
National Church Residences

WHERE RESIDENTS COME FIRST, AND RELATIONSHIPS LAST A LIFETIME

First Community Village was founded over 50 years ago. That’s half a century of building lasting bonds with neighbors like Ohio State University. Come for a visit, and see why our focus on lifelong learning makes us so popular with OSU alumni.

Schedule a visit or call to speak with one of our retirement counselors at 1-888-467-0618
Get to know your neighbors at firstcommunityvillage.org

April is NATIONAL DONATE LIFE MONTH

HERE ARE A FEW STATISTICS TO CONSIDER WHEN DECIDING:

• **119,000+** ... Current number of men, women, and children on the national transplant waiting list.
  – Nearly 2 out of every 3 people on the waiting list are over the age of 50.
  – Almost 2,000 children under 18 are on the waiting list.
  – Almost 70,000 people (58%) on the list are ethnic minorities.

• **22** ... People die each day waiting for a transplant.

• **95%** of U.S. adults support organ donation, but only **48%** actually sign up.

• Every **10 minutes** another person is added to the wait list.

• One donor can save **8 lives**.

• **One person** can donate up to **8 lifesaving organs**.

• In 2015, **37,910** organs were donated.

• Organ donors can be **deceased** or **living**.

Source: U.S. Government Information on Organ Donation and Transplantation