Wonders of Walking

By Nancy Wardwell

According to Harvard Health’s Special Report, walking for 2.5 hours a week – that’s just 21 minutes a day – can cut your risk of heart disease by 30%. Walking has also been shown to reduce the risk of Type 2 diabetes and cancer, lower blood pressure and cholesterol, and keep us mentally sharp.

Mayo Clinic says walking “trims your waistline” as it improves your health – and that walking regularly could save Americans over $100 billion a year in healthcare costs.

 Saves health – and wealth! What is stopping us?

Sharing this article was suggested by the OSURA Special Interest Group: Walking and Hiking. It was prompted by an April 20, 2017 New York Times article by Gretchen Reynolds, “Brisk Walks May Slow Dementia.” Now we are paying attention!

The new study, published in The British Journal of Sports Medicine Research by researchers in British Columbia, Canada, looked at vascular cognitive impairment (after Alzheimer’s Disease, the second most frequent form of dementia worldwide). Previous brain-scan studies confirmed that the brains of people with the vascular cognitive impairment disorder worked harder on tasks involving memory, decision-making, and attention than those without the diagnosis. While studies of Alzheimer’s abound, in the past, few studies have examined whether exercise might improve brain function in people with vascular cognitive impairment.

The study began by recruiting people who had been given diagnoses of mild, early form of vascular cognitive impairment. The subjects were randomly assigned to either start walking (the control group) or to visit the lab for educational sessions about nutrition and healthy living.

The walking program was simple, consisting of supervised one-hour sessions at the lab three times a week. The walkers were asked to walk briskly enough to raise their heart rates about 65% of their maximum capacity. (Sometimes called Maximum Heart Rate, it is the upper limit your cardiovascular system can handle during exercise. There are online calculators available.)

When the subjects repeated the preliminary physical and cognitive tests from six months earlier, as well as a brain scan, it was quite obvious to the researchers that the groups had drifted apart in both physical and mental functions. The walkers had lower blood pressure, but most striking was their brains were working differently and correlated neatly with improvements on the cognitive tests.

Hal Noltimier is Chair of the OSURA Benefits Committee and the energetic leader of the OSURA Walking and Hiking Special Interest Group. His point, after reading the report in the New York Times, is that the study conclusively points to the efficacy of regular walking – and he invites us to join him at the monthly hikes at the beautiful central Ohio Metro Parks.
FROM: The President

This is my last President’s Message as I pass the OSURA gavel to Carl Leier, your New OSURA President as of July 1, 2017. I started out last year saying this would be a year of “Transitions” and it certainly lived up to the prediction. We have successfully transitioned from the OSU Human Resources to the Alumni Association and will be “fine tuning” OSURA operations over the next year.

I want to thank the OSURA volunteers on the Board, Committees and SIGs for their hard work. OSURA had 100 events that we will submit to the OSU Alumni Association to meet the Scarlet Status, more than any other Alumni Club or Society. There were 85 OSURA Committee and SIG Meetings that were held to plan these events and to run the business of OSURA. Nancy Wardwell and the Communications Committee produced 12 excellent editions of OSURA News. We have maintained an online presence with the OSURA Website and Facebook pages. We have sent a mailing out to every OSU Retiree to make them aware of OSURA and invited them to join us as Active Members.

With our transition, OSURA Membership “dues” changed to “donations” and are now tax deductible. The OSURA Membership Year changed from a Fiscal to Calendar Year. This means to be an Active OSURA Member for 2018, you must donate by December 31, 2017. You will be receiving information on the new renewal process shortly.

On May 31, Carl Leier, Steven D’Ambrosio, Marie Taris and I met with President Drake. We shared what OSURA has been doing and our support of the student food pantry “Buckeye Food Alliance.” He updated us on several OSU Initiatives, one being the American Talent Initiative with 65 universities across the country working to increase admissions at each university for low-income students. With this focus, OSU is adding 200 admissions to their incoming freshman class this year.

In closing, I have enjoyed being your President and attending over 100 events/meetings this last year on your behalf. It has been a rewarding experience. Finally, I want to thank my husband, Tim, for supporting me during this last year. He is now looking forward to traveling in the states, with our motor coach, and abroad this next year.

I wish the best to Carl and the new OSURA Board!

Shirley Fields McCoy
President, OSURA Executive Board
OSU RETIREES CONFERENCE
Wednesday, September 20, 2017 | Fawcett Event Center

9:00 a.m.
The Changing Face of The Ohio State University During the Next Decade

Keynote Speaker, Dr. Bruce McPheron, Provost of The Ohio State University, will explain the many challenges of the future, and he will address the changes in academic programs and the necessary physical requirements that will facilitate these changes.

Breakout Session I – 10:30-11:15 p.m. (Select one)

Troubled Politics in Polarized Times: Dr. Paul Beck, Professor Emeritus, will consider our current condition; how we got there, and how the present compares with the past.

Health and Wellness: Real Life Success Stories: Dr. Bernadette Melnyk, University Chief Wellness Officer, will have a lively discussion on lifelong health and well-being.

Michigan-Ohio State Rivalry Between Woody and Bo: Shemy Schembechler, Bo’s son and Columbus resident, recounts stories of the mutual respect of two of football’s greatest coaches.

The Power of a Pet: Rustin Moore, DVM, PhD, Dean of The OSU Veterinary College, will share how interaction with a pet enhances the health and well-being of people.

Breakout Session II – 11:30-12:15 p.m. (Select one)

The Research Landscape at OSU: Dr. Caroline Whitacre, Senior Vice President for Research, will focus on the interdisciplinary approaches of the Discovery Themes Project.

Improve Your Strength at Any Age: Spencer Fee, Wellness Coordinator at Wesley Glen, will teach us techniques for building muscle and bone strength.

I Was the First Female Drum Major at OSU: Shelley Graf, Physical Therapy Manager of OSU Rehab Services, will tell her story of being the OSU Drum Major and for the Alumni Band.

International Experiences at Ohio State and Abroad: Dr. Wayne Carlson, Vice Provost for Undergraduate Affairs, will discuss international programs on campus and abroad.

Lunch in the Fawcett Center Ballroom – 12:20-1:20 p.m.

Breakout Session III – 1:30-2:15 p.m. (Select one)

OSU Men’s Glee Club: Robert Ward, Associate Professor, School of Music, together with a group of performing students on stage, will explain the inner workings of the Men’s Glee Club.

OSU Sports Med: Winning On and Off the Field: Dr. Chris Kaeding, MD, OSU Head Team Physician and director of The Crane Sports Medicine Center, will explain these changes.

Regional Campuses Develop Leaders and Access to the Benefits of OSU: Brian Albrect, Assistant Dean, OSU Lima, will highlight these benefits.

What Do I Need to Know About Elder Law?: Blaine Brockman, Elder Law Attorney, will answer your questions regarding topics such as wills, probate, and power of attorney.

Healthcare and Benefits Updates – 2:30-3:15 p.m.

STRS – This session will include any changes to the members’ plans for benefits or health care programs for 2017 and an update on the status of their retirement in general.

OPERS – This session will include any changes to the members’ plans for benefits or health care programs for 2017 and an update on the status of their retirement in general.

Optional Tours ($10 charge)
Leave at 3:30 p.m.

OSU Veterinary Hospital – A bus will take you to your tour and return you to the Fawcett Center

OSU Crane Sports Medicine Center – A bus will take you to your tour and return you to the Fawcett Center

Walking Tour of the Longaberger Alumni House – NO CHARGE

HOW TO REGISTER

1. Go on-line to https://ousra.osu.edu and find the event registration link
   a. If you are a first-time on-line user, you must create a password with your email to join the OSUAA on-line community
   b. There are two options – Alumni and Friends or Ohio State Web Login

2. For assistance with your password or registration call Customer Service at the Alumni Association – 614-292-2281 or 1-800-762-5646

3. Another option for registration is to download the PDF Registration Form from the website https://osura.osu.edu/events/

4. Mail with a check to:
   Customer Service
c/o OSURA
   Longaberger Alumni House
   2200 Olentangy River Road
   Columbus, OH 43210

   This reservation is not made until payment has been received. Questions about the Conference can be sent to Rachael Turner at osura@osu.edu
July, August  
**Dinner Series**
No event until we reconvene on September 28th for another year of great programs.  
**Arranger:** Howard Gauthier  
(Dinner Series SIG)

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**COMMITTEE MEETINGS**

**July 24 (Monday)**  
**Travel and Cultural Arts Committee**

**Time/Place:** 10 a.m., Longaberger Alumni House, 2200 Olentangy River Road

**July**  
**Benefits Committee**

No meeting this month – will meet again August 1

**July**  
**Board Meeting**

No meeting this month – will meet again August 8

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**MONTHLY ACTIVITIES**

**July 25 (Tuesday)**  
**Tertulia Breakfast**

Come 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)

**July 26 (Wednesday)**  
**Bridge Group**

Join us; new members always welcomed. There is no membership fee and it costs only 25 cents for prizes the day you play. 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)

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**July**  
**Lunch Bunch**

No program this month. Our next presentation will be Thursday, August 17 when we will have Richard Barrett, a trustee of the Columbus Historical Society and author, take us on a visual tour of the city by means of vintage postcards.  
**Arrangers:** Rai Goerler and Elenore R. Zeller (Social Committee)

**July, August**  
**Photo Society**

No meeting until Thursday, September 14th  
**Arranger:** Lawrence Kennedy (Photographic Society SIG)

**July, August**  
**Walking/Hiking Group**

No planned group walk until September 16th. This gives you time to explore other places on your own. Hit the beach, woods, and trails of summer....but don’t forget the sunscreen.  
**Arranger:** Hallan Noltimier (Walking/Hiking SIG)

**July, August**  
**Book Club**

While the OSURA Book Club is on summer hiatus until September 13th (a week early) why not start reading our first book in the new reading year? *The General vs. the President: Mac Arthur and Truman at the Brink of Nuclear War*, by H.W. Brands. Truman, the civilian neophyte President beset by national and international problems, and MacArthur, a revered general in command of U.S. troops in a faraway war in Korea, clashed over the use of nuclear weapons as a military tactic. The result was a constitutional crisis to ultimately decide who is boss.  
**Arranger:** Lee Hill (Book Club SIG)

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**SPECIAL EVENTS**

**July 14 (Friday)**  
**Columbus Idea Foundry: Artists, Artisans, and Techies at Work**

REGISTRATION CLOSED  
**Meet by:** 4 p.m. at 421 W. State Street  
**Return:** approx. 5:30 p.m.  
**Arranger:** Julian Larson (Cultural Arts Committee)

**July 19 (Wednesday)**  
**WrightPatterson AFB Tour**

Dayton, OH  
**Challenge Level 1**  
**REGISTRATION REQUIRED**  
Visit the museum’s galleries showcasing many rare, one-of-a-kind aircraft and aerospace vehicles and thousands of historical items that chronicle the evolution of military flights, from the Wright brothers to today’s stealth aircraft including Air Force One. nationalmuseum.AF.mil  
**Meet by:** 7:30 a.m., back parking lot at Kohl’s, 3360 Olentangy River Road  
**Return:** approx. 5:30 p.m.  
**Cost:** $40.00; includes motor coach transportation, boxed lunch, admissions, movie ticket, snacks, and tips  
**Registration/Payment Deadline:** Register at osura.osu.edu or call 614-292-2281 by July 14.  
**Arrangers:** Jessica Pritchard and Alabelle Zghoul (Travel Committee)
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.

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**METROPOLITAN CLUB IN JULY**

**Wednesday, July 12:** Launching the National Institute on Civil Discourse

**Wednesday, July 19:** Counties Matter

**Wednesday, July 26:** Champion of Children - Social Fabric

Columbus Metropolitan Club forum luncheons are at the Boat House, 12 – 1:30 p.m. Reservations at columbusmetroclub.org or 614.464.3220 x 1.

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**August 9 (Wednesday)**

**Ark Encounter**

Williamstown, KY

**Challenge Level 3**

REGISTRATION REQUIRED

The Ark Encounter features a full-size Noah’s Ark, built according to the dimensions given in the Bible: 510 ft. long, 85 ft. wide, and 51 ft. high. From the moment the towering ark comes into view, the friendly animals in the zoo, to the jaw-dropping exhibits inside the ark, you’ll experience the pages of the Bible like never before. ArkEncounter.com

**Meet by:** 7:15 a.m., back parking lot at Kohl’s, 3360 Olentangy River Road

**Return:** approx. 7:30 p.m.

**Cost:** $88.50; includes motor coach transportation, Ark tour, snacks and tips

**Registration/Payment Deadline:** Register at osura.osu.edu or call 614-292-2281 by July 9.

**Arrangers:** Alabelle Zghoul and Betty Hriesik (Travel Committee)

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**September 12-16 (Tues. - Sat.)**

**Stratford Festival**

Ontario, Canada

REGISTRATION CLOSED

**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

**Arrangers:** Odette Blum and Marilyn Blackwell (Cultural Arts Committee)

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**Upcoming Events**

Look for details in future issues.

- **October 18**
  Rare Books and Manuscripts at OSU: Exhibit of the Reformation and a Tour
  Thompson Library
  **Arranger:** Raimund Goerler

- **December 8**
  Christmas at Malabar Farm
  Lucas, OH
  **Arrangers:** Jessica Pritchard and Alabelle Zghoul

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**EDITOR’S NOTE:**

*Always Check the Source*

Defined Benefit Plans – payments based on employee earnings history, tenure of service, and age – rather than Defined Contribution Plans which rely on individual investment account returns.

It is often said that those who actually profit from Defined Contribution Systems are bankers, brokers, and insurance companies!

The lead page 1 article in the Columbus Dispatch June 12, 2017 and the “Chart Topper” in the Dispatch Digital edition are articles written by Allen Johnson, contrived to expose the fragility of Ohio’s Public Pension Systems and frighten Ohioans of their sustainability. Johnson relies on “data” from Mercatus Center at George Mason University.

PLEASE Google or otherwise check the sources of support and motives of Mercatus Center. It would be difficult to argue that their position is to defend the welfare of public employees.
OSURA Spotlight

MEMBERS SPOTLIGHT:
Debra Wentz

Debra Wentz was so well acquainted with OSURA while employed that immediately upon her retirement in 2014 she became a Life Member. BUT she had always enjoyed “playing in the dirt” (her father was a farmer) so gardening took precedence and limited her time with OSURA.

She joined a garden club and spends every Tuesday from March to November planning, purchasing seeds and plants, sowing, and reaping. That introduced her to OSU Extension’s Master Gardener program and Deb went back to school: Every Friday for ten weeks she went to gardening classes, read her assignments, and did her homework. She was awarded her certificate and official name badge last year.

In the evenings she keeps her hands busy while watching TV by crocheting blankets for baby carriers to protect the infants from the weather. OSU and Mt. Carmel sponsor this “Moms2Be” program for pregnant women. When they complete the program the women are given “Welcome to the World” packets, which contain one of Deb’s blankets (140 blankets so far!).

Deb travels, also. She had just returned from Denver where she and a college roommate visited another roommate.

An early purchase upon retirement was a “road trip car” to accommodate day and overnight trips to such sites as Amish country, festivals, Yellow Springs (with a mandated stop at Young’s Dairy), as well as visits to her family who live outside Columbus.

When she was employed as a communications specialist in Ohio State’s Human Resources her cubicle abutted those of OSURA. She was often called upon to assist the Association by editing publications, taking pictures, arranging events and more. Not only is she a member, but also Deb is a long-time “friend” of OSURA.
Choosing a Nursing Home

By Meg Teaford

The majority of nursing home stays are unexpected; the patient usually has been hospitalized and needs to go to rehab. Or during hospitalization, it is clear that the patient needs more help on a daily basis and cannot return home. Suddenly, finding a nursing home is a very high priority.

Nursing Home Compare: A very good place to start is with Nursing Home Compare, a website from the Centers for Medicare and Medicaid. It is found at https://www.medicare.gov/nursinghomecompare/search.html. Information on individual nursing homes is updated each month and contains federal data, information from the latest state health department on-site survey (conducted yearly), and information in costs and number of beds. It has a wealth of information that can help you begin to sort through all the nearby facilities.

Star Ratings: Nursing homes are given a star rating (1-5) on several items: health and safety, staffing quality measures, and an overall rating.

Click on how to read the chart for an explanation of the different findings, date of inspections, date of corrections, the severity of the finding, and how many patients were affected. The reports look at patient rights, assessments, nutrition, environment, and overall administration. It also compares the nursing home with state and national averages.

Staffing looks at both overall staffing, including time with certified nursing assistants and physical therapists. There is also a separate rating for time with a registered nurse each day. This information comes from their daily work charts. Again, it is compared with state and national averages.

Quality measures: These are divided into short-term patients, who are usually there after a hospitalization and who may be recovering from surgery, and long-term patients who live there permanently. It is important to look at the percentage of those who made improvements in functional health and those who were sent to the emergency department or re-admitted to the hospital. Look to see their community discharge rate as well—these are patients who went home in just a few weeks.

Some other things to consider:

- Location is a key consideration—can you as the caregiver visit easily? During rush hour, how easy is it to get there? How easy is it going to be to take him/her out for a meal or to visit a doctor?
- Medical coverage: Can/Will the patient’s physician visit him/her there? If not, is there a medical director who will see patients there regularly?
- Insurance: Will the facility accept your Medicare and other insurance? Remember that except for some of the costs of post-hospitalization, Medicare will not cover long-term care.

Finally, there is no substitute for a visit or two to the facility to talk with staff and observe. By narrowing down your options, you don’t have to run around town visiting a large number of places. But a place that looks good on paper may not be the right choice for your family member.
VOLUNTEER OPPORTUNITIES

Camp Day Columbus
Camp Mary Orton
July 8, 2017 • 11 a.m. – 5 p.m.

This year’s event promises to be a fun-filled day for people of all ages; zip-lining, kickball, rock climbing and even a Beyonce-inspired workout.

This event is an annual fundraiser which helps us to keep all of our youth programming going year-round.

Anyone who volunteers will receive a free general admission pass so that they can enjoy the rest of the event at no cost, and will have some really great professional networking opportunities with both young professionals and community members.

Interested volunteers may view and sign up for shifts at: https://docs.google.com/spreadsheets/d/1ei5RE5CAY4Ezebi8KTEOpBoRn1uq
7A_VAAQEM6Vz2uA/edit#gid=0