The colleges, schools, and departments that make up our university can be pretty distinct and unconnected from one another. There have been collaborations, some quite fruitful – but not all have been as diverse and productive as the OSU STEAM Factory!

STEAM - “STEM+Arts”. Clever, but it does not begin to represent the myriad of interactions and connections that are possible within these fields of study!

The STEAM Factory was founded in December 2012 by a collection of young, energetic Ohio State faculty, post docs, and staff. It is a diverse and inclusive grass-roots network in the Ohio State community that facilitates creative and interdisciplinary collaboration, innovation, and dissemination.

STEAM Factory goals are:

- To provide opportunities for collaboration that enhance and drive innovation within all research disciplines
- To provide linkages and interdisciplinary interactions between Ohio State departments and colleges
- To increase the public awareness, understanding and impact of Ohio State research

Since its founding, The STEAM Factory has grown to a team of over 120 members spanning more than 80 fields of study. It has become the single most diverse cross-section of the University’s world-class work force.

The STEAM Factory provides actual space where researchers from all disciplines can broaden their perspectives, share resources, spark creative research ideas and form collaborations across areas of common interest.

This space is, in fact, a former factory – at 400 W. Rich Street in Franklinton.

Both formal and informal activities help members to:

- Enhance professional development by sharing research skills, pedagogical resources, equipment, grant writing expertise and other items that may enhance faculty success throughout their careers. This can be especially useful for new members of the Ohio State community.
- Learn about current research questions and opportunities for collaboration across all disciplines through a variety of activities including monthly STEAM Exchanges
- Get support for establishing collaborations via seed funding, proposal-writing assistance, and links to other resources

Clearly, collaboration is one of the cores of STEAM Factory activity. The other is dissemination. The STEAM Factory helps to bridge the gap between Ohio State and the Columbus community. It makes its research available and provides outreach that is accessible, approachable, and combines formal and informal learning.

Franklinton Fridays are but one of the STEAM outreach activities. On the second Friday of each month STEAM hosts an open-to-the-public, neighborhood-wide art, music, food and gallery hop. The STEAM Factory is the educational anchor and 400 W. Rich hosts a diverse array of faculty and post-doctoral presenters over a huge variety of research and outreach topics for attendees.

See you there – but before you go, check out the rich and informative online sites by searching the STEAM Factory at osu.edu.
FROM: The President

Geriatric Medicine matures with our maturing population

What in blazes is Geriatric Medicine? Sounds like yet another specialty to keep track of!

Geriatric Medicine is a relatively new specialty and one that waited for our population to age into the 80s, 90s, and 100+ years. I recall going on rounds with Medical Students and Residents in the early to mid-1970s and alerting them to an 80+ year old lady, a patient on the 6th Floor. I told my crew to see her, say “hello” and give her a hug if deemed appropriate. Now, 40-50 years later, age 80+ years is the new 60 and before I retired (2013), I would relate the same message to my team for patients (typically, ladies) whose age is 100+ years. While the medical profession with its advances in medications and procedures would like to take credit for this boost in longevity, much also has to do with improvement in dietary measures (e.g., more vegetables, fruit, fish), living conditions (e.g., housing, less pollution), personal habits (e.g., less smoking, reduced secondary smoke, more exercise), and better dentistry at all ages. And let’s not forget our often maligned media, which over the years transmitted the many messages for better health out to our general population. Good genes are also a big plus.

But have the medical specialties and systems kept up with the advancing age of our population? At this point, I need to remind you that there is a critical shortage of Primary Care Physicians (PCP) and Nurses. Certainly, one would not now add Pediatrics (medical care for children) to the workload of your PCP, and I’ll try to make the case for not adding Geriatrics (medical care for seniors) to the same PCP. Oh sure, everyone’s PCP is doing a “great job and shouldn’t be a better doctor, period!” That may be true while you’re well and everything is moving along “just fine”; your medical care mostly involves a check on your blood pressure and labs and a refill of maintenance medications. But once things go awry and you’re now bringing your 3+ conditions (e.g., arthritis, high blood pressure, diabetes, high cholesterol) with your list of 5+ medications to your PCP’s office with a NEW problem (e.g., lightheaded spells, memory concerns, falls, bowel or urinary problems, chest pain), does your PCP have the time, skill, and where-with-all to sort out your new problem in the midst of all these medical complexities? Referral to a subspecialist (e.g., Cardiologist, Gastroenterologist) may uncover the new culprit-problem and afford a solution, but often, the subspecialist is even less knowledgeable than the PCP regarding geriatric issues and the multiple health problems unique to seniors.

A Geriatric Medicine Physician (Geriatrician) is trained to handle the complexities of senior health and disease. Geriatricians are uniquely skilled at providing care and support for health issues that are very common as adults age: review and careful prescribing of medications; memory evaluation; assessment of nutritional status; mobility concerns and optimizing physical activity; prevention of injury and avoiding fractures; various emotional issues that may affect social engagement; and location, status and health of the home caregiver. These are but a few of the questions and issues that the Geriatrician is trained to address. Geriatricians work closely within a multidisciplinary team across care settings (hospital, outpatient, home), with dieticians, rehabilitative specialists (e.g., PT, OT), pharmacists and social workers. Keeping the elderly patient healthy, happy, at home, and out of harm’s way are the main goals of Geriatric care (another 4-H!).

OSURA, in its quest to always provide the best for its members, will be offering a Health and Wellness conference about Geriatric Medicine on June 23, 2018, 8:30-11 a.m. in the usual Morehouse Medical Plaza Auditorium (2050 Kenny Road, Columbus). The faculty will be from our own OSU highly-regarded Geriatrics section of Internal Medicine (Tanya Gure, MD, head). We’ll try something new, you won’t have to pre-register. Simply come to the session and sign in at the door; there is no charge.

I’m so proud that this session on Geriatric Medicine is my last official act as President of OSURA. For the privilege of sending this important message, I remain attentively yours,

Carl V. Leier
President, Executive Board
OSURA Leadership Nominees

Following are the bios for nominees to OSURA leadership positions for terms beginning July 1, 2018. For additional information about the terms of each office and responsibilities, go to https://osura.alumni.osu.edu/about/bylaws/

Vice President (One to be Elected)

**MARGARET (MEG) TEAFORD** – Meg Teaford retired from the School of Health and Rehabilitation Sciences in 2014. She was an associate professor in the Occupational Therapy Program, the Honors Director for the School, and chaired the Graduate Interdisciplinary Program on Aging. Meg currently serves on the OSURA Benefits Committee and has presented at the annual fall conference. She and her husband Joel live in German Village.

Secretary (One to be Elected)

**SHIRLEY FLOWERS** – Shirley has served as the board secretary since 2016. She retired from OSU Wexner Medical Center as a nursing staff development specialist in endoscopy after 20 years of service. Shirley had previously been a staff nurse at OSUP and Baylor University Medical Center. She serves on the board of the Ohio Society of Gastroenterology Nurses and Associates, and has spoken at Nurses Day at the Ohio Statehouse regarding the “Removing Barriers to Colorectal Cancer Screening” Act. Shirley enjoys spending time with her family, especially craft projects with the grandchildren.

Members-At-Large (Three to be Elected)

**BETTY HIRESIK** – Betty has been a member of OSURA since 2012 and is active on the travel committee. She participates regularly in social, educational and travel events in addition to the Annual Fall Conference, walking-hiking group and litter pickers. Betty is a graduate of Ohio State University and retired from OSU Medical Center after 30 years in nursing.

**CAROL NEWCOMB-ALUTTO** – Carol retired in 2012 after 30 years leading Executive Education and EMBA programs at the University of Buffalo and OSU. She served on the boards of the University Continuing Education Association and the Executive MBA Council as well as chair of numerous committees in those organizations and others. She is currently Chair of the Columbus Metropolitan Club and Vice Chair of OSU Women & Philanthropy. She is a lifetime member of OSURA, a member of the Benefits Committee, and enjoys the Tertulia breakfasts.

**BEVERLY MASELLI** – Beverly retired from the Department of Nutrition and Dietetics of OSU Hospitals in 2006 after 23 years as a Licensed, Registered Dietitian serving in outpatient and inpatient areas. She was a clinical instructor for undergrad students in Medical Dietetics and assessed and instructed patients on special diets. She received both her graduate and undergraduate degrees from OSU. She joined OSURA in 2017.

**To Your Health**

**Shingles Vaccinations**

Do you remember having chicken pox and your mother telling you not to scratch the rash and painting you in calamine lotion?

If so, you are at risk of developing shingles (herpes zoster), a painful and sometimes debilitating disease. Among adults age 60 and older, 1 in 3 will develop shingles at least once. In fact, as we age, we are at greater risk. According to the CDC, one million people will develop shingles each year in the United States.

Fortunately, there is a new and very effective vaccination called Shingrix, a two-dose medication which, according to clinical trials, is over 91% effective in adults age 70 and older; this compares to an earlier vaccine (Zostavax) that is only 38% effective in the same age group. It also is effective for a longer period than the earlier vaccine.

But older patients tell their doctors “I’m healthy; I’ll get that when I’m older” according to a recent report on National Public Radio. The cost is about $280 for the two doses, but is often covered by Part D Medicare. So this is a reminder to talk with your health care provider about vaccination and prevention.

For more information, go to www.cdc.gov/vaccines/hcp/adults/downloads/fs-shingles.pdf.

**YOU WILL FIND THE BALLOT IN THIS NEWSLETTER.**

Please vote and send your ballot to the OSURA address provided.
Calendar of Events

COMMITTEE MEETINGS

May 1 (Tuesday)
Benefits Committee
Time/Place: 9:15 a.m., Longaberger

May 8 (Tuesday)
Board Meeting
Time/Place: 9 a.m., Longaberger

MONTHLY ACTIVITIES

May 10 (Thursday)
Photo Society
Program: “China Off the Beaten Track” presented by Gene Gilliom, winner of the 2017 Photo Contest. You’ll see pictures of places rarely visited by Americans taken last September and the winning photograph of the girl with an umbrella.
Member Theme: Photos Taken Off the Beaten Track
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 May 7.
Cost: On your own
Arranger: Jack Nasar (Photographic Society SIG)

May 16 (Wednesday)
Book Club
Before the Fall, by Noah Hawley. On a foggy summer night 11 people, 10 privileged, 1 down-on-his-luck painter, leave Martha’s Vineyard on a private jet. Only two survive – the painter and a child. What was the cause? If sabotage, who was the target? The following media blitz attempts to find the answer.
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)

May 17 (Thursday)
Lunch Bunch: Identity Theft
REGISTRATION NOT REQUIRED
Do you know who you are? More importantly, does someone else know who you are! Join us to hear Danielle Murphy, a consumer educator for Ohio Attorney General Mike DeWine’s Consumer Protection Section, talk to us about Identity theft.
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.
Arrangers: Jerry Newsom and Phyllis Carroll (Social Committee)

May 19 (Saturday)
Walking/Hiking Group
Challenge Level 2-4
Time/Place: 11 a.m., we’ll meet at the Nature Center.
Arranger: Hallan Noltimier (Walking/Hiking SIG)

May 22 (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)

May 23 (Wednesday)
Bridge Group
Join us—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)

SPECIAL EVENTS

May 4 (Friday)
BalletMet – Dorothy and the Prince of Oz
Senior Dress Rehearsal
REGISTRATION CLOSED
Time/Place: Curtain rises at 11 a.m. Seating is general, so plan to arrive early for best seats. Doors open between 10 and 10:15 a.m., Ohio Theater, 39 E. State Street.
Cost: $19 (admission ticket)
Arranger: Les Benedict (Cultural Arts Committee)

May 17 (Thursday)
Litter Picking Team
Challenge Level 3
Please join us in our efforts to keep campus litter-free from the Longaberger Alumni House through the Bloch Cancer Survivors Plaza to the Lane Avenue Gardens of the Chadwick Arboretum. Wear your walking shoes, sunblock and hat. We will have gloves, tongs, trash bags and buckets.
Meet by: 8:30 a.m. in the lobby of the Longaberger Alumni House, 2200 Olentangy River Road. Parking is free. (In the event of inclement weather, this group will not meet.)
Arranger: Mary Cull (Litter Pickers SIG)

Bill Shkurti was the featured speaker for the March meeting of the Dinner Series. He reflected on some of the most memorable and challenging events at OSU during the 60s.

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.
May 18 (Friday)
The Other Side of Amish Country
Walnut Creek, OH
Challenge Level 1
REGISTRATION REQUIRED
We’ll shop at Wendell-August, wendellaugust.com; the Village Gift Barn, olderberrinvillage.com; have lunch and enjoy Swine & Dandy, a Live Comedy Variety show at the Amish Country Theater, amishcountritheater.com.
Meet by: 7:15 a.m. at Kohl’s, 3360 Olentangy River Road
Return: approximately 6 p.m.
Cost: $79; includes transportation, lunch, show admission, snack, and tips
Registration Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by May 9
Arrangers: Jessica Pritchard and Alabelle Zghoul (Travel Committee)

May 23 (Wednesday)
Dinosaurs and More:
Tour of COSI
Challenge Level 3
REGISTRATION REQUIRED
At a group-discounted price, enjoy a paleontologist-led tour of the Dinosaur Exhibit, and then on your own, tour the main exhibit areas. See www.cosi.org
Meet by: 10:45 a.m. at COSI, 333 W. Broad St.
Cost: $10; includes access to COSI plus a tour of the American Museum of Natural History Exhibit of Dinosaurs. (Parking @$6, lunch, movies, planetarium are extra)
Registration/Refund Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by May 15
Arranger: Julian Larson (Cultural Arts Committee)

June 7 (Thursday)
Annual Potluck Picnic
Amelita Mirolo Barn
REGISTRATION NOT REQUIRED
Come prepared for an afternoon of delicious food, fun activities, prizes and exciting entertainment at our annual potluck picnic. Bring your favorite dish to share and a non-perishable food item to donate to the Buckeye Food Alliance/OSU Food Pantry. Everything else will be provided.
Time/Place: 11:15 a.m., Sunny 95 Park, 4395 Carriage Hill Lane, Upper Arlington.
Cost: a dish to share and serving utensil
Arrangers: Elenore Zeller and the Social Committee

June 23 (Saturday)
Health & Wellness:
Geriatric Medicine
REGISTRATION NOT REQUIRED
Geriatric physicians Drs. Tanya Gure and Guibin Li from the OSU Geriatrics Section will present information on Geriatric Medicine and its role in the care and well-being of our senior population.
Time/Place: check-in 8:30 a.m.; lectures 9 and 10 a.m., Auditorium- Morehouse Medical Plaza, 2050 Kenny Road
Cost: Free
Arrangers: Rod Tomczak and Carl Leier (Health & Wellness SIG)

June 26 (Tuesday)
Spangler Candy Factory and Sauder Village
Bryan and Archbold, OH
Challenge Level 2
REGISTRATION REQUIRED
Visit the Spangler Candy Co, enjoy a trolley ride, and a pizza buffet lunch. Then we’ll go to Sauder Village for a self-guided tour. A box meal will be furnished for the trip home. www.spanglercandy.com, www.saudervillage.org
Meet by: 6:45 a.m. at Kohl’s, 3360 Olentangy River Road
Return: approximately 7 p.m.
Cost: $87; includes transportation, site admissions, trolley ride, pizza lunch, box meal, snack and tips
Registration Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by June 5.
Arrangers: Bruce and Sandy Wylie (Travel Committee)

July 18 (Wednesday)
The Wilds Tour
Cumberland, OH
Challenge Level 2
REGISTRATION REQUIRED
See where threatened and endangered animals from all over the world live in mixed-species groups roaming expansive natural habitats, where scientists and educators are working to better understand and conserve the world’s animals and natural resources. www.thewilds.org
Meet by: 8:15 a.m. at Kohl’s, 3360 Olentangy River Road
Return: approximately 7 p.m.
Cost: $68.50; includes Wilds admissions, transportation, lunch, snack, and tips
Registration Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by July 1
Arrangers: Alabelle Zghoul and Betty Hriesik (Travel Committee)

Event In the Works...
November 1-3
Spain’s Costa del Sol & The Portuguese Riviera
Arranger: Alabelle Zghoul (Travel Committee)
FROM: The Benefits Committee

STRS Report

By Gerald Newsom

Recent years have been tough on pension plans, with lower return on investments and increased longevity of retirees both hurting the bottom line for both pension and health insurance plans. But 2017 brought surprising good news for the STRS health insurance fund. Investment returns were up sharply, the cost of paying for health care came in below predictions, and the number of retirees below age 65 also was down (insurance premiums are much less under Medicare than for those under age 65). HPA (Healthcare & Pension Advocates for STRS, representing current and retired teachers) met with STRS to discuss what should be done with the newly-acquired extra funds. Three options were considered: Have a one-time extra subsidy to retirees’ health-care premiums, have a much smaller but permanent increase in subsidy for health-care premiums, or keep the current policies in place. STRS staff preferred no change in policy, and after discussion HPA agreed with that position and conveyed this advice to the STRS Board. The dominant reason was the memory of what happened to the pension fund earlier this century. Flush with funds in the year 2000 from the stock market gains of the 1990s, STRS made a generous increase to pensions. The recessions of 2001 and 2008-09 made those increases unsustainable, requiring cuts to new pensions in 2012 and ending COLAs in 2017. In spite of the strong financial position of the health-care fund now, there is still a chance that a future downturn will require another cut in the subsidy STRS provides for health-care. HPA preferred to preserve the extra funding we now have to make it less likely that we’ll need another such cut in the future. I believe this was a prudent course for our STRS retirees.

SAVE THE DATE:
Oct. 6, 2018
Homecoming Football Game

Members of OSURA will have the opportunity to purchase tickets for the Oct. 6 Ohio State homecoming game vs. Indiana. The limited number of tickets will be sold on a first-come, first-served basis. Details on how to purchase will be available this summer.

In addition, members are also invited to the Pregame Huddle, a tailgate-inspired event featuring camaraderie with Ohio State alums and personalities, a game-day menu, alcoholic/non-alcoholic beverages and all things Buckeye spirit. Keep an eye on our newsletter and Facebook page for more information as we get closer to football season.

Stay tuned and Go Bucks!

The OSURA Board and others met on April 17 for a special retreat to study how the membership could be better served.

We went dragging our feet to yet another SWOT session – but it turned out to be the most productive and useful experience ever! Thanks and congratulations to Steven D’Ambrosio, Leslie and Natasha for putting it all together.
MEMBER SPOTLIGHT: Michele Hobbs

City-bred Michele Hobbs spent most of her 35-year career at The Ohio State University in the Horticulture Department. She stays in touch with those people and the program in her retirement. She volunteers in the Chadwick Arboretum with the Horticultural Therapy Program, which helps adults with developmental disabilities learn gardening skills. The garden is in front of Howlett Hall. Michele began at the University as a secretary in the College of Education when she graduated from West High School, in Columbus, and transferred to Horticulture two years later. She witnessed some diverse happenings during her time at the University, from legislation to allow women permission to wear pant suits in the office to closure of the University for a few days by protests of the Vietnam War. She serves on the OSURA Benefits Committee with specific responsibility for monitoring the actions of the Ohio Public Employees Retirement System and keeping OSU employees in that retirement system informed of actions that affect them.

She takes a weekly yoga class and is a trustee in her condominium association. She and her husband take at least one trip each year and particularly enjoyed the Warther Company train trip through Colorado a few years ago. Every two years they travel to Pensacola Beach, Florida, for a gathering of song writers; no, they don’t write songs themselves, just enjoy the entertainment. It is held in October and driving back to Ohio they enjoy seeing the trees in their Fall colors.

She has three adult stepchildren and three grandchildren.

Columbus is home to the second largest Somali population in the U.S.

The Cultural Arts Committee arranged for an especially informative and welcoming meeting at the Genevra Café. The food and fellowship was so good that another meeting is in the works. The Cultural Arts Committee has been doing a wonderful job providing opportunities to introduce OSURA members to varied groups in our diverse community.

Welcome New Retirees

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<thead>
<tr>
<th>Name</th>
<th>Department/Institution</th>
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<tbody>
<tr>
<td>Paul Jay Brower</td>
<td>Statistics</td>
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<tr>
<td>Elizabeth A. Cook</td>
<td>Physical Medicine &amp; Rehab</td>
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<tr>
<td>Jane Frencho DeCenzo</td>
<td>Cancer Hosp &amp; Research Inst</td>
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<tr>
<td>Deborah L. Delp</td>
<td>OSUE County Operations</td>
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<td>Nicholas Earl Felt</td>
<td>University Libraries</td>
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<td>J. Kevin Fitzsimons</td>
<td>University Marketing</td>
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<tr>
<td>Julie L. Frary</td>
<td>John Glenn Coll Public Affairs</td>
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<tr>
<td>Rose Ellen Hallarn</td>
<td>Health Sciences Admin RU</td>
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<td>Michael Joseph Hoffmann</td>
<td>Eng Technology Services</td>
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<tr>
<td>Claudia Louise Kinder</td>
<td>Disability Services</td>
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<td>Anne C. Lamoureux</td>
<td>University Development</td>
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<tr>
<td>Stephen Craig Lee</td>
<td>Biomedical Engineering</td>
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<td>John Carlton Lippold</td>
<td>Materials Sci Engineering</td>
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<td>Dennis Blair McGinnis</td>
<td>Dentistry General Operations</td>
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<td>Keith Bryan Patterson</td>
<td>OARDC Animal Sciences</td>
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<tr>
<td>Nancy L. Schaaf</td>
<td>OSUE County Operations</td>
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<tr>
<td>Rebecca Lynn Stringer</td>
<td>Engineering Administration</td>
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<tr>
<td>Margaret Rose Sunderlin</td>
<td>Cancer Hosp &amp; Research Inst</td>
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The Top 10 Mistakes Made in Estate Planning continued...

In our March Issue we listed 4 of the top 10 mistakes in estate planning that had been reported in the University of Nebraska-Lincoln retirees newsletter. Here are some more:

**Mistake #6: Failing to plan for special needs**
If one of the beneficiaries of your estate plan has a special need, such as a mental health problem or a disability that renders them dependent upon the government for their support, leaving money to the special needs individual through your estate may be a mistake because you might disqualify them from receiving those benefits. In these circumstances, you should have a “special needs trust” receive the money for the benefit of the special needs individual, in a manner not disqualifying them from receiving government benefits.

**Mistake #5: Failure to avoid probate**
Most of our clients wish to avoid probate, by using revocable living trusts and other probate avoidance measures. However, if the trust is not utilized and funded correctly, an unintentional probate may happen. If you own more than $50,000 worth of property outside of your trust, your estate will still have to be probated. If you have a trust, it is important to use it. If you are not sure that you have structured assets properly to avoid probate, please seek help from a professional.