OSURA News

November 2017

This issue is an annual report on the 2017 OSURA Fall Conference. Enjoy this special edition!

Keynote: The Changing Face of The Ohio State University During the Next Decade

Speaker: Dr. Bruce A. McPheron, PhD, Executive Vice President and Provost

By Shirley Fields McCoy

Dr. McPheron started his keynote by saying he felt he was standing on the shoulders of giants in the room. He thanked OSURA Members for their time and service to The Ohio State University, noting that the University could not run without the many faculty and staff.

He shared a bit about himself: He is an OSU grad! From 1972 – 76 he lived in the Stadium Dorms and studied Entomology for his BS degree. His interest in bugs started as a Hardin County 4-H Member. Prior to his current appointment, he served as vice president for agricultural administration and dean of the College of Food, Agricultural, and Environmental Sciences. He joined The Ohio State University after serving for three and one-half years as Dean of Penn State University’s College of Agricultural Sciences. McPheron received his MS and PhD degrees from the University of Illinois.

He spoke about five pillars of Ohio State’s Strategic Plan titled “Time and Change”: Enable, Empower and Inspire. Pillar I: Teaching and learning; Pillar II: Access, affordability and excellence; Pillar III: Research and creative expression; Pillar IV: Academic health care; and Pillar V: Operational excellence and resource stewardship.

Some examples of plan in implementation are: Pomerene Hall being renovated to become a data center which will help in research and an arts and theater complex at 15th & High. Another physical change of the environment will be the moving of Cannon Drive to increase flood protection and land for the medical center to build a new hospital tower. There will be an increase in ambulatory care centers on West Campus.

The energy assets of the University have been leased for 50 years in exchange for one billion to ENGIE-Axium that will operate the systems that power, heat and cool Ohio State’s Columbus campus. The monies will be invested into scholarships for need-based students and faculty raises for staff performance. He shared that the average SAT score for incoming students is 29.2, and most bring a year of college credits when they are admitted. This money will enable accessible portals to the University for all students.
FROM: The President

High Points – High Praise

Judging from facial expressions and many favorable comments, the 300+ attendees of the OSURA Fall Conference had a good time, learning something new or interesting, visiting with old colleagues, and meeting new friends. I got the sense that it was well worth the time invested and at $25, a real bargain. Personally, I had a “blast”. At the conference, I had the opportunity to meet and visit with the Executive Vice President and Provost, Dr. Bruce McPherson. What a fine gentleman, a humble intellect. His keynote address reassured everyone that The Ohio State University is in good hands with secure academic, physical and fiscal plans. On behalf of OSURA, I thank Dr. McPherson for spending invaluable time with us and for his leadership at OSU.

Using a trite, but accurate term, the 15 breakout sessions over four time periods were generally “quite awesome” and ranged from educational topics (e.g., Research at OSU, Regional OSU Campuses) to well-being (e.g., Improving Strength, Health and Wellness Success Stories) to entertainment (e.g., Mich-OSU Rivalry with Woody and Bo, First female Drum Major). During the day, we had something for everyone. Personally, I enjoyed the impartial presentation by Dr. Paul Beck on the current political scene, the extensive International Programs for OSU students by Dr. Wayne Carlson, and Dr. Chris Kaeding’s discussion of the progressive OSU Sports Medicine Programs and their beneficial effects on all of us. We thank ALL the presenters and the generosity of their time for their delivery and expertise; all the speakers donated their presentation and time. The three facility tours, Longaberger Alumni House, Vet School, and the Crane Sports Medicine Center, were professionally-guided and certainly worth the $10 fee.

OSURA thanks the Fawcett Center and Staff for allowing OSURA to put on a “show” at a very professional level. The continental breakfast and daylong snacks were conveniently located and arranged such that there were few waiting lines and in a room with many available tables and chairs. How about the lunch, both healthy and comfortingly filling; far healthier than the group lunches I’ve had at the National Sessions of the American Heart Association, the American College of Cardiology and others perpetually purporting dietary wellness. OSURA sends out deep appreciation and high praise to the supporting vendors, who individually contributed up to $3000, so we can offer this incredible conference at a modest cost to OSURA members. We hope that your (vendors) daylong exposure to our members and OSURA programs was worth the cost and time you invested. Parenthetically, Spectrum Retirement Communities (nicely represented in person by Sara Ward) served as the premier vendor with the largest contribution.

The OSURA Fall Conference was planned, arranged and delivered by the volunteerism of Rachael Turner and her committee: Susan Evans, Marie Taris, Darian Torrance, Doug Torrance, Shirley McCoy, Jerry Newson, Donna Lamb, Joan Leitzel, Mary McRury, Hallie Noltimier, Diane Selby and Steven D’Ambrosio; what an innovative and wholesome bunch! Each played a role over the year planning the day, arranging the events and talks, and filling key spots and duties at the conference. We owe high praise and deep gratitude for all they’ve done to make this a special day.

Marie T. Taris received the “Distinguished Service Award” for her long and dedicated service to OSURA in her many roles as President, Vice President, member and chair of innumerable committees. She is the current Chair of the OSURA ByLaws Committee.

I hadn’t planned on devoting two “Letters to the Editor” to our OSURA Fall Conference (October and November), but the annual Fall Conference is the premier event of OSURA and it was so well-done and well-received that even the two letters don’t cover all the HIGH POINTS and HIGH PRAISE it deserves.

For the pleasure of rendering this communication, I remain enthusiastically yours,

Carl V. Leier
President, Executive Board
Welcome New Retirees

Lynda Carol Behan  
Marion Campus

Jerald Ralph Brevick  
Integrated Systems Engineering

Kathy Jo Burkholder  
Horticultural & Crop Sciences

Marthal A. Burr  
University Libraries

Lucia Ferguson Dunn  
Economics

Gordon Robert Edmond  
Cancer Hosp & Research Instit

Leon Griffin  
University Hospitals

Raymond M. Hill  
Newark - Cost Shared

Gay Leonette Jackson  
University Development

Wendy Marie King  
Neurology

Gloria Jo Langenkamp  
OSUE County Operations

Mary Faye Longo  
OSUE County Operations

Carol Lyden  
Pathology

Ann C. Ottobre  
Animal Sciences

Brian Allison Pickrell  
Stores

Thomas John Rosol  
Veterinary Biosciences

Lucy Anne Schoyer  
Human Resources Services

Mark Wesley Shanda  
Theatre

Robert Allen Uhle  
Endodontics

Steven David Underwood  
RIO Operations Headquarters

Jan E. Wulf  
Disability Services

Yuan Fang Zheng  
Electrical & Computer Engr

Conference Manager Rachael Turner received the $1000 check for OSURA. The OSURA Fall Conference has been chosen as the 2017 Outstanding Program in the Alumni Association.
Troubled Politics in Polarized Times

Speaker: Paul Beck, Professor Emeritus of Political Science and the Mershon Center for International Security Studies at The Ohio State University

By Donna Lamb

Paul shared some of his research on current politics in our country and gave us a look at the path that has led to the confusing, and perhaps shocking, political events of the last few years. As we try to understand present-day politics and the future of our democratic system, Paul provided data that illustrated the polarization among Democrats, Republicans, Bipartisans, and Independents. His research has supported the interconnection of what we are seeing in the large number of polarized, dissatisfied citizens in our country. In the 2016 presidential election, many voters chose candidates not because they liked them, but due to their dissatisfaction of the direction the country was going.

Other factors that have helped lead to this situation is the shift in political affiliation. For example, the South, which was traditionally Democrat, has shifted more to the Republican side. Another trend is the growing influence of campaign contributors. Candidates spend 55% of their time raising funds, and the contributors expect a return on investment. Factors that lead to behavior such as 501(c)(4)* that permit non-profits to engage in unlimited lobbying and promotion of candidates are just some of the powerful influential interest groups who put pressure on candidates to support their causes. This support has further polarized our nation.

Sharing highlights of his research, Paul helped us to better understand the current state of our government. Other factors that were not present in past elections since the rise of Social Media and other methods of providing an enormous input of information both “real” and “fake” have, it is believed, had a profound effect on voter behavior. Paul stated “If you think you have never seen anything like the current divisions, you are right.” Congress is the most polarized it’s been since 1879. As confidence erodes in our current system we may be coming dangerously close to seeking a more authoritarian government, which could diminish our civil liberties. Paul ended with “One hopes voters will become more educated in asking questions, including more fact checking. There is so much information out there.”

*(providing they adhere to the purpose of the organization).

Health and Wellness: Real Life Success Stories

Speaker: Megan Amaya PhD, Director of Health Promotions, OSU College of Nursing

By Lee Hill

Dr. Amaya began her energetic presentation with the observation that the #1 factor responsible for mortality is behavior — namely our unhealthy behaviors, such as smoking, unhealthy diet, and lack of exercise. She said wellness is multidimensional.

She then gave some alarming data:

- By 2020 1 out of 5 adults will have diabetes and by 2050, that proportion will be 1 out of 3.
- Children are now predicted to have a shorter lifespan than their parents.
- We are sedentary: most of us spend more time sitting than sleeping!
- Smokers lose 11 minutes of their lives with each cigarette smoked.
- We eat way fewer fruits and vegetables and fiber than we need.
- Less than 25% of adults receive the proper mental health treatment they need. The standard is cognitive behavioral therapy, not drugs.

Dr. Amaya then gave suggestions for incorporating into our lives the four things that would increase wellness:

- Physical activity: 30 minutes, 5 days a week. She also suggested small body movements every 30-45 minutes and large movements every 90-120 minutes.
- Healthy eating: 5 servings (1/2 cup) of fruits and vegetables a day. She recommended having 100-calorie snacks every 2-4 hours.
- No smoking
- Alcohol in moderation
Michigan-Ohio State Rivalry Between Woody and Bo

Speakers: Shemy Schembechler

By Jerry Newsom

The Ten-Year War between two fabled football coaches, Woody Hayes and Bo Schembechler, is the stuff of legend. Bo’s son, Shemy Schembechler provided an insider view, portraying a War that was about much more than football. Bo both played under Woody at Miami and coached under him at Miami and OSU. It’s no surprise that they ran a similar offense. It was due to Woody that Bo decided to become a coach, and Bo mirrored Woody’s fierce competitive nature. Woody expected Bo would succeed him as head coach at OSU and when Bo took the job at Michigan, the rivalry intensified. Bo expected a lot from his players – the more talent, the higher the expectations. The 154 players on Michigan’s roster when Bo took over dropped to 46, and Bo initially wouldn’t win any popularity contests among those who remained. But the team jelled, confidence grew, and the season ended with the 24-12 victory. When the two undefeated teams duelled in Columbus in 1970, revenge was Woody’s and the rivalry was firmly entrenched.

The legacy for the players has been profound. The bonds between players on opposite sides became surprisingly strong; for instance, when players from one school hold a fund-raiser, players from the other readily participate. Both coaches strongly emphasized respect, honor, and a work ethic, and both felt their real purpose in developing players was to build character and to make sure players got to class. If these goals were met, then success on the football field would follow. Lessons learned on the team are passed on to children and grandchildren. Our audience was entertained by stories, both funny and touching, about these two main characters. For instance, Woody quietly paid the tuition for needy players, putting perhaps 400 students through college. I believe the audience came away with a greater appreciation for these two remarkable men, intense rivals in football but sharing deep respect and affection for each other.

The Research Landscape at OSU

Speaker: Dr. Caroline Whitacre, Senior Vice President for Research, Professor, Department of Microbial Infection & Immunity

By Dour Torrence

Dr. Whitacre first reviewed federal funding of research and where the research awards came from by source. OSU also receives funding from the State of Ohio, industry, and others, but federal funding has grown the most. We continue to look for creative ways to fund our research endeavors. Fifty percent of the proposals submitted are accepted. We strive to be smarter and more strategic about the research proposals submitted.

Dr. Whitacre gave an overview of collaboration and discovery across disciplines, such as energy & environment and humanities & the arts. She emphasized that engagement with industry drives programmatic support and highlighted the positive effect on community engagement and student success.

Out of 78 applicants, Columbus won the $50 million Smart Cities prize in the medium-sized cities category. The degree of community support really paved the way to our win. The distinctive mix of Smart Cities partners and local facilities makes this area a unique resource in mobility research nationally. Smart Cities collaborations will impact access, mobility, and opportunity. Every person will benefit from intelligent transportation systems in Columbus.

Some ongoing research projects were also reviewed, such as collecting weekly water samples in Lake Erie and how amateur and professional sports meet economics (sports betting, college football scandals, etc.).

I-Corps teaches students and faculty to be entrepreneurs. A few other student projects were reviewed, such as HackedOhio, the Venturi Buckeye Bullet 3 (which set a new world record of 341.4 miles per hour), and Ohio State’s EcoCAR team’s redesigned Chevy Camaro, which has won year two of EcoCAR3 – a four-year competition.

Dr. Whitacre concluded her presentation with a quote from Tony Robbins: “The only limit to your impact is your imagination and commitment.”
The Power of a Pet – Importance of Human-Animal Bond

Speakers: Dr. Rustin Moore, Dean of OSU Veterinary College

By Diane Selby

The best prescription for good health reads, “Get a Pet.” Dr. Rustin Moore, Dean of OSU Veterinary College, led a video tour of the OSU Vet Med Campus, extolled values of a pet, and illustrated how the important human-animal bond is affecting medical progress.

Dr. Moore presented “One Health” - the linkage of animal, human, and environmental health with the “Three Z’s:”

- Zoonoses – Infectious diseases transmissible between animals and people
- Zoobiquity – Species-spanning approach to the health of people and animals that draws expertise from veterinary and human medicine (Comparative Medicine)
- Zooeyia – the Human-Animal Bond

Some examples he shared from research:

- 70% of people in the US have a pet and¾ of those people live in a home with a pet but no biological father or sibling. The animal-human bond is critical.
- A poignant story of a pony with a prosthetic leg illustrated Comparative Medicine - the bond with humans similarly challenged such as War Vets and little children – all wearing a prosthesis.
- Research on homeless camps shows all residents have a pet - they take better care of the pets than they do of themselves.
- Women in domestic violence often won’t leave because of fear for their pets. Research has shown that animal abuse and domestic violence are linked.
- Pets were found to make a significant difference to people with Autism Spectrum Disorder (1 in 68 people and 1 in 54 boys) by giving patients confidence through interaction with animals.
- Pets help the 5 ½ million in the US affected by Alzheimer’s and Dementia to stay calmer and to perform needed tasks for pets. OSU is currently involved in two research studies on this topic.
- Research has also found that 30% of military suffer Post Traumatic Stress Syndrome and that when paired with pets, patients have less need for drugs and stress is reduced.
- Pets actually have been found to save $12 million on health care costs for people with pets over those without pets. Pets lower blood pressure, may contribute to weight loss, increase physical activity and give love unconditionally. You don’t have to own a pet to reap the benefits. You can volunteer at a shelter or spend time with a family who has a pet.

Faculties of 7 of the 15 colleges at OSU are collaborating on research in the area of animal-human interaction: Education/Human Ecology, Food/Agriculture, Medicine, Nursing, Public Health, Social Work, and Vet Medicine. Outreach medicine involves Life Care Alliance, Meals on Wheels, National Church Residences, Central Ohio Area Agency on Aging, Senior Options, Robert Cassidy Manor, Faithful Forgotten Best Friends, Shelter Medicine Program, and Capital Area Human Society. Staying healthy is more than just medicine – there is power in pets!

Improve your Strength at Any Age

Speaker: Spencer Fee

By Hal Noltimeyer

Spencer Fee began his presentation by speaking about the benefits of strength training for older adults. A regular strength-training program can help increase muscular strength and endurance, help with weight management, and improve balance. He emphasized the importance of taking a physical activity readiness questionnaire and speaking with a doctor before starting to exercise or making any changes to an existing exercise program. There were seven statements on the questionnaire, and if we answered “Yes” to any one, then it was recommended that we see a doctor before starting an exercise program.

Spencer then presented information on how to start and progress a strength-training program through the use of the FITT principle. The FITT principle uses frequency, intensity, time, and type to create and progress through strength training program. In general, try to pick 8-10 exercises to do 2-3 times a week. Start with a light to moderate weight for each exercise so that you can comfortably perform 2-3 sets of 10-15 repetitions.

Finally, Spencer led us through a strength assessment and several lower body strength exercises. The assessment was a 30-Second Chair Stand Test to check leg strength and endurance. To complete the test, stand up and sit down in a chair as many times as you can for 30 seconds without using your hands. A lower score indicates weaker leg strength and endurance, as well as an increased fall risk. Everyone then stood up to practice easy leg strengthening exercises such as chair squats, heel/toe raises, leg curls, and knee extensions that can be done at home with just a chair.
I Was the First Female Drum Major at OSU

Speakers: Shelley Graf, Physical Therapy Manager
By Susan Evans

Shelley provided an overview of Drum Major tryouts in the late 1970s/early 80s. Those wanting to be a drum major tried out for “Row D” – this provided an opportunity for folks wanting to be a Drum Major to learn the role. The role of the drum major at OSU focuses on how to bring the band out onto the football field for the halftime performances and during the postgame shows and how to use the whistle while leading the band onto the field. Shelley shared that Drum Majors have to earn their role every year through tryouts.

In 1980 Shelley was the Assistant Drum Major. As the Assistant Drum Major she had the responsibility to lead the band out onto the field for the post game performance. Since only one person at a time could wear the Red Drum Major Uniform, Shelley only got to wear the uniform for the post game shows.

Shelley described tryouts as comprised of batons flying – “throwing aerials” so that fans in the stands could see the batons – as well as managing the ramp entrances onto the field.

In 1981 Shelley tried out against four male students. The competition was fierce and required a “runoff tryout” in the stadium. Shelley was thrilled to be named the Drum Major and found out the next day when reading the newspaper that she was the first female drum major in the Big 10! During her tenure as an OSU Drum Major, Shelley put together her own baton routines for performances.

Shelley shared how thrilling it was to perform at the Liberty and Fiesta Bowls. She also told us the Old Wives’ Tale about the “Goal Post Toss”. The tale was that if the Drum Major dropped the baton after throwing it over the goal post, the team would lose the football game. As Drum Major and as a member of the alumni band, Shelley has travelled the world to include trips to Ireland, Germany, Japan and cruises (Alaskan Cruise).

Shelley also shared a demonstration of skills at twirling and tossing her baton.

International Experiences at Ohio State and Abroad

Speakers: Dr. Wayne Carlson
By Carl Leier

The International Program at The Ohio State University for OSU and Foreign Students got its biggest start in 2008, when Dr. Gee established a new office and position: Vice Provost-Vice President of Global Strategies and International Affairs. This basically organized and centralized this activity to enhance student experiences. Dr. William Brustin, the first VP, proposed 10 pillars to augment student opportunities and engagement. One pillar, Global Gateways, started with China, India and Brazil and others soon followed. Over the years, the program was directed at extension of education abroad, periodic review of exchange programs, establishing an International Internship (either abroad or via a foreign program in the US) and setting up International Service opportunities. 200 programs evolved in 50 countries.

The Office of International Affairs has since been decentralized to the 15 colleges. International learning is now a significant segment of OSU education, becoming part of many majors (Global Option) and playing a big role in the OSU Honors Program. Demographically, most students studying abroad are women, and most are heading to England and South America. Also, OSU is currently supporting 164 exchange programs.

OSU hosts 3600 international students from 70 countries. In addition to course work, Ohio State is enhancing their overall learning and cultural experiences by inviting them to homes for holidays, providing trips to major cities and other US sites (as part of their course work) and similar activities. Their workshops include developing study skills, test taking, issues of plagiarism, and related areas. Ohio State is developing a “pre-departure orientation” in the nations sending the most students to OSU with the intent to familiarize them with “what to expect when you arrive,” academically and domestically. Relevant to OSURA, the University is also considering international programs for retirees and alumni (topics: WWII, British Invasion by the Beatles).
OSU Men’s Glee Club

Speakers: Diane Selby

By Diane Selby

The sounds of music with an exhibition of focus and passion – not only by members of OSU Men’s Glee Club but also by their dynamic director Bob Ward – filled the Clinton Room. The attentive and appreciative audience witnessed an outpouring of enthusiastic talent by 76 men who illustrated pitches, major and minor chords, vocal range including falsetto, and the necessary use of both parts of the brain to sing.

Director Ward shared his philosophy of education saying, “You don’t dance like you walk and you don’t sing like you talk. You have to hear in your ear and imagine a note before you can sing or play.” He went on to say, “Singing a concert is for learning. I must teach them something, otherwise I have failed them.”

Glee Club members must audition every year, and the audience learned that 84% of the current members are not music majors! There are four rules governing the group (which they announced in unison):

1. Show up.
2. Pay attention.
3. Tell the truth
4. Don’t be tied to the outcome.

An unofficial rule #5 is “Flush.” After much laughter Director Ward explained that you should not need a sign to remind you to take care of your own business – clean up your own mess – take care of your own stuff!

The Statesmen, a group of 14, gathered around the piano to sing a lovely piece written for a boys’ choir. The full Glee Club sang a Native American Chant and a Shakespeare set before surprising Dr. Joan Leitzel, who had invited the group and introduced Bob Ward, with a serenade of Sweet Adeline. The display of mutual respect and admiration was fun to witness. To top off this enjoyable and spirited program Dr. Paul Droste, retired OSU Marching Band director, was invited to come from the audience and lead the Glee Club and audience in a rousing rendition of Carmen Ohio. It was a moment to remember!

OSU Sports Med: Winning On and Off the Field

Speaker: Dr. Chris Kaeding, MD

By Susan Evans

Dr. Kaeding provided an overview of his role and responsibilities as a team physician for OSU Athletics. The role focuses on supporting the athletes – “whatever it takes.” He provided an overview of how sports medicine provides personalized care and treatment of athletes, focusing on priority, athlete’s psyche, physical condition, time of game, season and time of the athlete’s career. He related that the goal is to provide optimal care to the athlete, as a whole, trying to get them back to playing as soon as possible. While this may mean that there are times when suboptimal care might be provided to a specific injury, the Sports Medicine team does not risk individual injury, as a whole, to return a player to competition.

Sports Medicine is not just for elite athletes but is focused on enhancing physical activity across the life span. Dr. Kaeding spoke about Exercise as Medicine and what is the appropriate amount to benefit health and well being. Exercise reduces the risk of multiple health issues as we age including heart disease, stroke, diabetes, breast cancer and neurologic decline such as that occurring with Alzheimers. Regular weight training as well as 30 minutes of physical activity at least 5 days a week is what we should strive for to remain active throughout our life span.

Dr. Kaeding also talked about Specialty Programs available at OSU Sports Medicine to include Dance, Hip Preservation, Sports Nutrition, Concussion management and prevention, Golf Performance, ACL injury prevention, Arthritis in the Active, Cartilage Restoration and Tactical Rehab/Conditioning.

OSU Sports Medicine has received media recognition for the research and Clinical Trials. For instance, OSU was the first program to implant artificial meniscus. They have multiple outreach partnerships, as well, into high schools, colleges and professional organizations.

In closing, Dr. Kaeding shared his view about the importance of activity and exercise increasing longevity and improving our quality of life. He pointed out that fitness alone does not equate with health but that health includes diet, sleep, stress management, social interaction and exercise.
Regional Campuses Develop Leaders

Speakers: Bryan Albright, Dean, OSU Lima

By Mary McRury

Dr. Albright noted that 1/3 of OSU freshmen start at Regional campuses, where the admission policy is open access. Students may select a regional campus as their first choice – or, if they apply to the Main Campus, the regional campus nearest them is the automatic second choice, unless they select another regional campus.

The four pillars of the Lima regional campus are the following:

• Access - open
• Affordability - RC $7500/year, compared with OSU Main, $10,500.
• Excellence
• Community engagement

In 2017, of 7136 freshmen, over 2000 were admitted to Regional campuses. They can transition to Columbus after their first full academic year, with a 2.0 GPA. For some degrees, students can complete all four years at a Regional campus. Degree programs vary among campuses.

39.3% of regional campus applicants are 1st generation – the first in their families to attend college. The rate on OSU Main campus is 20%. Regional campus students have many differences from Main campus students and are more diverse. 49.5% of the students are Pell eligible. Students have three times the financial need of OSU Main students.

At Lima, the retention rate after the first year is 66%, which is the highest of all regional campuses. Graduation rate – with degree – is 44.5%.

Dr. Albright also highlighted RC student success stories and more about the many opportunities available to RC students, including internships and undergraduate research opportunities.

What Do I Need to Know About Elder Law?

Speakers: Blaine Brockman

By Shirley Fields McCoy

Blaine Brockman, JD described the “Three Big Things” you need to know about Elder Law. The first big thing is Estate Planning Documents. He shared that most people have no documents, bad documents or the wrong documents. No documents allow everyone involved to interpret the intentions of their loved one differently. Often emotions get in the way, which may cause unrest within the family. The documents you need to have are: a Will & Testament, Advanced Directives, Financial and Healthcare Durable Power of Attorneys. These documents need to be reviewed and updated at least every five years. Bad documents are usually the ones that you do yourself or get off the Internet. It might work if you only have one heir, but a lawyer is going to ask you all the “What if” questions and offer options. The wrong documents are those that you don’t understand what is written and don’t meet your needs. Old documents are outdated, laws may have changed and there may be changes in your family structure.

The second big thing is Health Care Planning. It’s important that you talk with your family and loved ones to let them know your wishes regarding end of life care. A Living Will shares your wishes regarding life sustaining treatment, and you can make them specific. A Healthcare Durable Power of Attorney or Long-Term Guardian (if needed) articulate your wishes and make decisions regarding your care if you are unable to communicate.

The third big thing is to plan for Long-Term Healthcare. If you need to be in an extended care facility/ECF for skilled therapies for longer than three months most insurances will not pay. You may want to investigate Long-Term Care Insurance or do a financial review of your savings to calculate how long it could last toward long-term care costs. Monthly costs can range from $3200 for in-home care to $8500 for private pay in an ECF. Medicaid qualification looks back at your finances for five years to determine eligibility.
November 15 (Wednesday)
Book Club
*Hillbilly Elegy: A Memoir of a Family in Crisis*, by J.D. Vance. Hillbilly Elegy shows the author’s path up and his escape from his Appalachia birth and place. The problems endemic and persistent to the region have defied change by the best brains, much passion, lots of dollars, and many programs. Are some societal problems simply incurable by society? Is individual action the only cure?

**Time/Place:** 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive.

**Arranger:** Lee Hill (Book Club SIG)

November 16 (Thursday)
Dinner Series: *Defining New Pathways for Human Diseases*

REGISTRATION REQUIRED

Dr. Paul Mohler, Director of the Dorothy M. Davis Heart and Lung Research Institute, will present an interesting and highly informative session on recent research on solving the pathways underlying several fatal human diseases. These include pathways underlying cardiac arrhythmia, diabetes, neurological dysfunction and other diseases.

**Time/Place:** 5 p.m., social hour (cash bar), followed by dinner at 6 p.m. and program at 7 p.m.; OSU Faculty Club

**Cost:** $23 (service charge included)

**Registration Deadline:** Register at osura.osu.edu or call 614-292-2281 by November 13

**Arranger:** Howard Gauthier (Dinner Series SIG)

November 18 (Saturday)
Walking/Hiking Group

**Challenge Level** 2-4

Everyone welcome. Join us on the trails at Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

**Time/Place:** 11 a.m., we’ll meet at the Ranger Station

**Arranger:** Hallan Noltimier (Walking/Hiking SIG)

November 28 (Tuesday)
Tertulia Breakfast

Join fellow 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)

November, December
Bridge Group

Plan to be on deck in January when we gather again.

**Arranger:** Steve Miller (Bridge Group SIG)
SPECIAL EVENTS

November 17 (Friday)
La Comedia Dinner Theater—
Timeless Memories of Christmas
Springboro, OH
REGISTRATION CLOSED
Meet by: 9 a.m. back parking lot at Kohl’s, 3360 Olentangy River Road
Return: 4:30 p.m.
Arrangers: Sandy Nicholson and Jessica Pritchard (Travel Committee)

December 4 (Monday)
Holiday Buffet
Amelita Mirolo Barn
REGISTRATION NOT REQUIRED
Don’t miss our holiday buffet! No need to register; just come for good fellowship, delicious food, and exciting entertainment. Bring a favorite dish (with serving utensil) to share and a non-perishable food item to donate to the food pantry. Tableware will be provided.
Time/Place: 11:30 a.m., The Amelia Mirolo “Barn”, 4395 Carriage Hill Lane, Upper Arlington.
Arrangers: Elenore Zeller and the Social Committee

December 8 (Friday)
Christmas at Malabar Farm
Lucas, OH
Challenge Level 1
REGISTRATION REQUIRED
Tour Malabar Farm (malabarfarm.org). Learn about Louis Bromfield’s life before and after his arrival to Pleasant Valley in 1939. See where Humphrey Bogart and Lauren Bacall spent the night during their honeymoon. Experience the beautiful Christmas light that flows through the country home.
Meet by: 3:45 p.m., back parking lot at Kohl’s, 3360 Olentangy River Road
Return: approx. 9:30 p.m.
Cost: $58; includes admission, Der Dutchman Buffet dinner, motor coach transportation, and tips
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by December 6
Arrangers: Jessica Pritchard and Alabelle Zghoul (Travel Committee)
Approximately 80% of the nearly 100,000 Aetna Medicare Plan enrollees will see no premium increases for 2018. This is due to better-than-expected claims experience for the self-insured plans and lower overall administrative expenses. For the 2018 plan year, the only design change is a $50 increase in the out-of-pocket limit for prescriptions, to $5,000 from $4,950.

These limited plan changes have eliminated the need for the usual Health Care Program Highlights meetings held each fall. Benefit recipients who have questions after receiving their open enrollment materials should contact STRS Ohio’s Member Services Center toll-free at 888-227-7877, or at STRS Ohio’s website (www.strsoh.org). An Open-Enrollment Resource Center will be available starting October 18 for additional questions and details.

In late October STRS Ohio will mail open-enrollment materials in letter-sized envelopes to all plan enrollees. This mailing will include personalized information about 2018 medical plan options and premiums. Benefits recipients who prefer to view this information online can log in to their Online Personal Account and select the paperless option. STRS Ohio will also post open-enrollment information on its website at www.strsoh.org. You need to do nothing unless you are making changes.

The dates for open enrollment are: November 1 – 21, 2017.

STRS Ohio continues to explore ways to improve Health Care Fund solvency beyond its current 18-year expectation. Pathways being pursued include: premiums charged to enrollees, government reimbursements, and investment earnings on the fund.

2019 and beyond should see increases in health care costs, but with no COLA to help defray them.

Note: STRS Ohio health care pays out an average of $1.85 million per day, 365 days a year.

OSURA would like to thank our 2017 Fall Conference Sponsors:

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Guided Patient Services, Inc, Private Health Advocacy and Navigation
Retirement Funding Solutions
First Light Home Care
Columbus Parks & Recreation
Honor Flight Columbus
Ohio Attorney General’s Office, Consumer Protection Section
OPERS
OSU Alumni Association
The Ohio State University, Office of Distance Education and eLearning, Student Services – Program 60
Volunteer Services at Wexner Medical Center and The James
WOSU Public Media
OPERS – Members 65 and Older

Speaker: Kevin Blann
By Michele Hobbs

Using Your One Exchange Online Account, you can file a claim, check transactions and turn automatic reimbursements on or off.

Reimbursement forms. You can access HRA forms at medicare.onexchange.com/OPERS, or by calling OneExchange (1-844-287-9945) to have the forms sent to you. If you are using automatic reimbursement for your medical premiums through OneExchange and are not satisfied with this service, you can switch to recurring reimbursement. Following the initial set up, you will need to complete the recurring reimbursement forms (Medicare Part B and OPERS dental and vision).

Important things to remember about submitting reimbursement form: Sign the form before mailing it to OneExchange, Include the retiree’s name as the Account Holder, include supporting documents, and always be certain One Exchange has your current direct deposit information.

New personalized reimbursement request forms will be coming in the mail soon. The new forms are unique to you, prefilled with your name and address and a personalized barcode. The forms increase accuracy and efficiency when processing your reimbursement requests. Security is also increased because you no longer need to supply your Social Security number. Start using the new forms as soon as you receive them.

OPERS – Retirees Under the age of 65

Speaker: Donald Wartenberg
By Shirley Fields McCoy

Donald Wartenberg shared the steps OPERS enrollees must take as they near age 65.

Donald Wartenberg stated that OPERS has many resources to help those who are aging into Medicare. Approximately six months prior to turning age 65 you will get an announcement letter introducing the topics: Signing up for Medicare, learning about OneExchange, enrolling in a medical and pharmacy plan and knowing what to expect next.

Then about three months prior to age 65 you’ll receive a reminder to enroll in Medicare Parts A and B. This will include your Heath Reimbursement Arrangement/HRA allowance estimate and a brochure on Understanding the Basics: Medicare and the OPERS Medicare Connector. Next you will get the Enrollment Guide that explains how to evaluate your needs and options, introduces “My Account and Personal Profile” on the OneExchange website where you can compare plans and prepare for your enrollment call. It will also include a final checklist for enrollment, a notes section and FAQs.

Within three months prior to turning age 65 you will need to complete your OneExchange profile and schedule your enrollment call. An Appointment Confirmation Card will remind you of your enrollment appointment date and time. Before your call you will need to review the options that best suit your needs and enroll in an individual Medicare plan.

One to two weeks after your plan enrollment you will receive a confirmation letter that includes a confirmation number, your selected health care insurance carrier, plan selections, premium amount and coverage effective date. The month of the new plan effective date you will get details of the HRA programs and how to access and manage funds throughout the year. Yearly, during fall enrollment, you will want to contact OneExchange to review your plan as your medical and prescription needs may change.

If you have questions please call OPERS at 1-800-222-7377 or go online to www.opers.org for webinars and FAQs.
Time to renew Annual Memberships!

Since moving under the OSU Alumni Association umbrella, the OSU Retiree Association calendar has changed. Now, autumn is the time to sign up for your 2018 Annual Membership. Only $25 in a tax-deductible annual donation links you to 3,100 Buckeye retirees through the Newsletter, Directory, and about 100 events. Research has shown that companionship and social connections improve health, so consider OSURA your path to a better quality of life.

Are you thinking of moving up to a Life Membership? Your $500, tax-deductible donation to the Life Membership Endowment Fund supports OSURA programs. Already a Life Member? Thank you!

Annual renewals or upgrades to Life Membership can be made at OSURA.osu.edu. Just click JOIN and pay by credit card. Or you can call Customer Service, 1-800-762-5646, to pay by either credit card or check. The deadline is December 31, 2017.
Above: The Continental Breakfast was delicious and beautiful!

Below: The Friendship Committee was there bright and early to help with Registration.

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Congratulations!  
Marie Taris  
2017 Recipient of the OSURA Outstanding Service Award

The 2017 Conference was most excellent – the best yet!

Thanks to the planners, the speakers, and our generous sponsors.

Thanks to all the volunteer members who made the day.

Special Thanks to the members who served as reporters for each and every session.