OSU Retirees Conference, Wednesday, September 26, 2018, Fawcett Center
8:00-9:00 a.m. Continental Breakfast and Sponsor Exhibits

9:00-9:45 a.m.  Strike up the Band! That’s the OSU Marching Band!
Keynote Speaker, Dr. Christopher Hoch, Director of The Ohio State University Marching and Athletic Bands, From Bright Idea to Brilliant Performance: Behind the Scenes with the OSU Marching Band

9:45-10:00 a.m. OSURA Business Meeting
10:00-10:30 a.m. Coffee break and visit exhibits

Breakout Session I 10:30-11:15 a.m. (Select one to attend)

Cardiorespiratory Fitness: Spencer Fee, Wellness Coordinator at Wesley Glen, will teach us how to put together an effective aerobic exercise program to improve our heart and lung health.
Managing Finances during Retirement: Samantha Macchia, President of Summit Financial Strategies, will discuss funding for longevity.
S.M.A.R.T. Cities, S.M.A.R.T. Columbus, S.M.A.R.T. Campus, Courtney Falato, will explain how OSU is transforming into a living laboratory for S.M.A.R.T. research with a $40 Million grant.
Stress and Your Health: Damage and Remedies, Dr. Janice Kiecolt-Glaser, Director, OSU Institute for Behavioral Medicine, will discuss the impacts of stress and strategies to combat it.

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

What Vaccines Do We Need as We Age? Dr. Michael Para, Professor Emeritus, will explain the necessity for getting the new vaccines in 2018 and beyond.
Ohio State Retirees Can Leave a Legacy: Elaine Pierce and an interactive panel of retirees will answer questions about estate giving and the new tax laws.
Let’s Fill the Room with Music: with director Kristina MacMullen and The OSU Women’s Glee Club as they engage the audience in an exchange of ideas, song, and spirit.
Evolving Landscapes of The OSU Campus: Mary Maloney, Director of the Chadwick Arboretum, will present highlights of the Olentangy Restoration, Mirror Lake Hollow Project, and the Arboretum.

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

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

Fearless Falling and Reducing Injuries: Mike Grigsby, retired OSU Biomedical Design Engineer, will discuss fall prevention and reducing injuries from falls.
OSU Dance: 50th Anniversary Preview: Susan Hadley, Chair of the Department of Dance, and her students will share excerpts from their upcoming 50th anniversary performances.
Ten Steps to Improve Your Next Doctor’s Appointment: Dr. Annette Ticoras, M.D. a certified patient advocate will present ideas to help guide us through a health crisis and future planning.
Cybersecurity Help, Information, and Protection, Danielle Murphy, Consumer Protection, from the Ohio Attorney General’s Office, will give advice on how to protect our computers and phones.

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
- OSU Ross Heart Hospital to visit patient care areas and diagnostics.
- In newly renovated Pomerene Hall, join the STEAM Factory (Science, Technology, Engineering, Art, and Math) and the Translational Data Analytic Institute.