It's Been a Very Good Year!

By Nancy Wardwell

You'd think that December might be the easiest month to write about. There are more than a dozen religious holidays celebrated in the United States alone. Globally, between November 1 and January 15 there are 29 holidays observed by seven of the world's major religions. Through the ages it has been a time of bonfires, torches, and candles bringing light and hope, in anticipation of the Winter Solstice – but readers could tire of the topic annually!

A new OSURA Board member suggested we take a look at what we, our organization, have been doing in 2018. The mission of OSURA is to inform and engage OSU retirees – and it is stunning to review just how many activities have been offered and enjoyed!

Our Fall Conference is our single largest event – 16 excellent, informative presentations attended by more than 300 – and throughout the year we were offered more than 100 events. We covered all the meals – Breakfast (Tertulia), Lunch Bunch, and the Dinner Series. The latter two each offered first-class informative programs. The Health and Wellness group arranged a stellar Med Center presentation on Geriatric Medicine. We visited an Islamic Center, the Amish, the College Josephinum, and heard about the Somali community in Columbus.

We hiked the Metro Parks, attended "Hair" and five Ballet Met performances, went to COSI, The Wilds, and Huntington Baseball Park. We have offered an annual Income Tax Seminar and one on Estate Planning. We have travelled to Malabar Farms, Cincinnati, Falling Waters in Pennsylvania and even the Spangler Candy Factory in Brian. Our international trip this year was to fabulous Spain.

Locally, we toured the Whistle Factory (the only U.S. manufacturer of metal whistles), the US Postal Processing Center, and a tour of historical Columbus. We had two delicious potluck buffets at the beautiful Mirolo Barn. Our Book Club has grown – and they don’t even serve wine! We have a Bridge Group, have initiated a Crafting Group, and thank the faithful Litter Pickers for their service.

All that – and it is not unusual. For 35 years the officers and committees of OSURA have been rolling out inventive, informative, and entertaining programs for our members. In our own way we have, and will continue to offer, our own kind of hope and light!

By the way, you may have noticed that it is time to renew your OSURA membership! Do it now!!
**2018-2019 OSURA Executive Board**

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<td>Margaret H. Teaford</td>
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<td>Secretary</td>
<td>Shirley M. Flowers</td>
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<td>Treasurer</td>
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| Immediate Past President | Carl V. Leier |

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<td>Beverly J. Maselli</td>
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<td>Gemma B. McLuckie</td>
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<td>Gaibrelle M. Reissland</td>
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<td>Travel – Aiabelle Zghoul</td>
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| Friendship | Sally E. Dellinger |
| Membership | Diane M. Selby and Gemma B. McLuckie |

| Representatives |  |
| Bucks for Charity Drive | David Crawford |
| Campus Campaign | Thomas L. Sweeney |
| Faculty Compensation and Benefits Committee | Harold J. Moellering |
| Ohio Council of Higher Education Retirees | Nancy Wardwell and Gerald H. Newsom |
| Ohio Public Employees Retirement System | Michele B. Hobb |
| State Teachers Retirement System | Gerald H. Newsom |

| Historians |  |
| Fern E. Hunt and Thomas L. Sweeney |

| Emeritus Academy | Paul A. Beck |
| Newsletter Editor | Nancy S. Wardwell |

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**FROM: The President**

With the cold weather setting in and Jack Frost nipping at your nose, it is time to start celebrating the holiday season. I would like to take a moment and offer each of you warm wishes and a safe, healthy and a happy holiday season. Enjoy time celebrating with your family and friends. Before you know it, 2019 will be here. While checking your holiday to-do list, make sure you remember your OSURA membership renewal. If you are a life member and looking to spread some holiday cheer, consider a tax-deductible gift to the OSURA endowment (osura.alumni.osu.edu). Your membership renewal and donation goes a very long way in providing over 100 events and opportunities for your engagement and enjoyment.

Thank you for your continued support.

Steven D’Ambrosio
President of OSURA

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**Time to Renew Your Membership**

**DON’T MISS OUT – HURRY TO RENEW FOR 2019**

**RENEW YOUR ANNUAL MEMBERSHIP NOW!**

At OSURA, there’s something for you. Continue to stay in touch with the monthly OSURA Newsletter and the OSURA Directory, keep up with our University, socialize with 2,700 friends, and serve fellow OSURA members.

All this and more takes only a $25 donation/dues.

An Annual Membership ensures you can choose from **100+ events and programs** offered from January 1-December 31, 2019. At OSURA, there’s something for you: Learning/Living/Service/Travel/Advocacy/Culture/Fun!

Check the flyer mailed from OSURA outlining how to rejoin by online, phone or mail by **December 15, 2018**. Questions? Check OSURA.osu.edu or contact the Membership Committee at osura.membership@gmail.com or 614-795-7048.
Live in confidence.
Live in the moment.
Live in The Fairfax.

Retirement living. Upper Arlington style.

Look forward to tomorrow with excitement.
Look back on yesterday with pleasure. And 
embrace today with a passion.

That’s life at The Fairfax at First Community 
Village. When it opens in 2021, The Fairfax 
will offer 70 contemporary, spacious apartment 
homes in the English Country Manor style 
behind a gated entrance in Upper Arlington. 
All that along with the security of lifelong 
healthcare. And the best time to secure your 
place in the next generation of retirement 
living is right now.
Calendar of Events

COMMITTEE MEETINGS

December 4 (Tuesday)  
Benefits Committee  
Time/Place: 9:15 a.m., Longaberger

December 11 (Tuesday)  
Board Meeting  
Time/Place: 9 a.m., Longaberger

December 19 (Wednesday)  
Membership Committee  
Time/Place: 10 a.m., Longaberger

MONTHLY ACTIVITIES

December 10 (Monday)  
Lunch Bunch – Holiday Buffet  
Amelita Mirolo Barn  
REGISTRATION NOT REQUIRED  

Delicious food! Good fellowship! Awesome entertainment! Fun gifts! Beautiful prizes! All this can be yours at The Holiday Buffet!! Bring a favorite dish (with serving utensil) to share. Meat, beverages, and tableware will be provided. Please bring a non-perishable food item for the food bank.

Time/Place: 11:15 a.m., The Amelita Mirolo “Barn,” 4395 Carriage Hill Lane, Upper Arlington.  
Contact Person: Elenore R. Zeller (Social Committee)

December 13 (Thursday)  
Photo Society  
Program: “Mongolia, Land of the Open Blue Sky” presented by Rolf Barth.  
Member Theme: Open Spaces  

Limit images to three. Send digital files in a Power Point file (alternately in .jpg 96 or 72 dot/inch format) to jhuston1@columbus.rr.com or mail files on a new CD to arrive 3 days before the meeting (J. Huston, 4095 Fenwick Rd., Columbus OH 43220), or bring prints (at least 8”x10”) to the meeting. New members welcome.

Dues: $10; Make check to: OSU Photo Society, mail to Martha Warren, Sec./Treas., 3502 Wenwood Dr, Hilliard, OH 43026; or bring to the meeting.  
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 December 10.  
Cost: On your own; ranges from $10-15  
Program Chair: Jack Nasar (Photographic Society SIG)

December 15 (Saturday)  
Walking/Hiking Group  
Challenge Level 2-4  
Everyone welcome. Join us as we explore and walk the trails at Inniswood Metro Gardens  
Time/Place: 11 a.m., Inniswood Metro Gardens, 940 South Hempstead Road, Westerville.  
Arranger: Hallan Noltimier (Walking/Hiking SIG)

December 15 (Saturday)  
Book Club  
We are taking a break to celebrate the holidays. On our return, January 16th, we will discuss: “A Single Spy” by William Christie. A very clever spy story that posits the idea that a single spy can change the course of history. How can that be?  
Arranger: Lee Hill (Book Club SIG)

December 15 (Saturday)  
Craft Group  
No meeting this month which gives you time to create for the holidays.  
Arranger: Mary Cull (Craft Group SIG)

December 15 (Saturday)  
Dinner Series  
No program in December; see you January 24th.  
Arranger: Carol Newcomb (Dinner Series SIG)

December 15 (Saturday)  
Tertulia Breakfast  
No gathering in December.  
Arranger: Jerry Dare (Tertulia Breakfast SIG)

December 19 (Wednesday)  
Bridge Group  
Plan to be on deck in January when we gather again.  
Arranger: Steve Miller (Bridge Group SIG)

2019

January 17, 2019 (Thursday)  
Lunch Bunch  
Come learn more about the American Red Cross and its volunteer opportunities.

January 24, 2019 (Thursday)  
Dinner Series  
It’s that time of the year when “It’s All About the Economy.”
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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**December 12 (Wednesday)**

**Oglebay Christmas Lights**

Wheeling, WV

**Challenge Level 2**

REGISTRATION REQUIRED

We will have lunch on the way to Oglebay, then visit the Glass Museum, Mansion Museum, Good Zoo Winter Fantasy, and enjoy a buffet dinner at Wilson Lodge. After dinner we will board the bus to view the Festival of Lights display. oglebay.com

**Meet by:** 9:30 a.m. Longaberger parking lot, 2200 Olentangy River Road

**Return:** 11 p.m.

**Cost:** $85; includes admissions, lunch, buffet dinner, light show, motor coach transportation, snacks, and tips

**Registration/Refund Deadline:** Register at osura.alumni.osu.edu or call 614-292-2281 by December 1

**Arrangers:** Jessica Pritchard and Norma Harper (Travel Committee)

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**January 18, 2019 (Friday)**

**2018 Income Tax Seminar**

Tax experts will discuss Federal and State income tax issues for 2018. Pre-registration is not necessary.

**Time/Place:** 1 – 3 p.m., Sanders Lounge, Longaberger Alumni House, 2200 Olentangy River Road

**Cost:** No charge

**Arranger:** Hallan Noltimier (Benefits Committee)
Welcome New Retirees

Robert Andrew Banbury
University Hospitals

Terry R. Barnhardt
University Hospitals

Eileen Ann Bertolini
Advancement Services

Paula Jean Bodley
Cancer Hosp & Research Instit

John Paul Bruno
Psychology

Nadine Denton
EHE Educational Studies

Jose G. Diaz
EEOB

Rebecca Sue Duvall
University Hospitals

Jaynie Holt
PMGF

Abigail Jones
Health Sciences Library RU

Judith Ann Lang
Shared Services Admin

Kevin L. Lawson
Facilities Operations

Predrag Matejic
Slavic & East European L&C

Kenneth Allen Mays
Animal Sciences

Phyllis J. McMaster
OSUE County Operations

Benjamin C. Myers
Facilities Operations

Frank Alexander Pache
Central Campus Security Srvcs

Yolanda Jewelean Slade
Office - Diversity & Inclusion

Constance V. Stephens
Cancer Hosp & Research Instit

Margaret Irene Wade
Ross Heart Hospital

Donald Harold Wolf
Vet Teaching Hospital

What? Look at Me When You Are Speaking to Me!

By Meg Teaford

At our age this can be a touchy issue. When to have a hearing check is a very personal question – and perhaps this article will help us decide.

Hearing Aid Use and The Onset of Dementia

Hearing impairments begin in middle age with at least 10% of those 40 to 69 years of age reporting some hearing decline. This decline increases after age 65 to at least 30% and among the very old (85+), it may as high as 70%. Unfortunately, only 1 in 7 older adults with a hearing impairment uses a hearing aid.

A 2017 study1 showed that the strongest midlife risk factor for dementia is hearing impairment. A longitudinal study of over 2,000 older Americans for 18 years followed up and looked at whether the use of hearing aids might delay the onset of dementia. 2 The study specifically looked at episodic memory in which the respondents were asked to recall 10 words. The results found that while episodic memory did decline with age, the rate of decline was slower after using hearing aids than before the patient started to use them. It may be that with better hearing, individuals are more able to participate socially, are less depressed, and have higher self-efficacy, all of which have been shown to protect cognitive function.

The study recommends preventing hearing loss in middle age, better hearing screenings, and providing hearing aids to those who need them earlier in order to protect cognitive function. Two important considerations are the lack of funding for hearing aids and, as noted above, 40% of those who receive hearing aids rarely or never use them. So important barriers remain in getting hearing aids to older adults and getting them used properly.


Silver Sneakers

Silver Sneakers is a Medicare-supported free access to fitness facilities near YOU! The OSURA members who use the opportunity are very enthusiastic and want to share it with everyone!

Remaining active is one of the best things seniors can do to stay healthy – and Silver Sneakers provides access to some 14,000 gyms and facilities. You can find out more about Silver Sneakers online – one site is Senioresources.com/silversneakers – or just take your Medicare card to a nearby gym and they can help you enroll!

Just do it!
## In Memoriam

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## Craft SIG

The new Craft SIG is up and running and invites you to bring your favorite craft project to the Longaberger December 18 – 3 p.m. If you RSVP to Mary Cull, marycull.4@gmail.com, she will send a parking pass for your dashboard! Even if you don’t have a craft going at the moment, come to socialize and see what crafts are being done.

The OSURA Board wishes you health and happiness – and the merriest holidays ever!
OSURA travelers visited the bull ring in Cordoba, Spain.