REGISTRATION PLANNING WORKSHEET

Registration begins July 10 at 10 a.m.

Use this form when you register. This year there are two ways to register:

1. Go on-line to https://osura.osu.edu and find the event registration link
   – If you are a first-time online user, you must create a password with your email to join the OSUAA online community
   – There are two login options – Alumni and Friends, or Ohio State Web Login
2. Contact Customer Service at the Alumni Association to register and pay over the phone either 614-292-2281 or 1-800-762-5646

Breakout Session I
1. Advanced Computing Center for the Arts and Design (ACCAD)
2. Fearless Falling and Reducing Injuries
3. Dark Energy and the Accelerating Universe
4. Downsize and Organize into the Next Chapter

Breakout Session II
5. History and Influence of the Oval and Mirror Lake Hollow
6. The Importance of Stretching and Flexibility as We Age
7. The Horror of 9-11 and the Kindness of Strangers
8. When OPERS or STRS Retirement Does Not Pay the Bills

Breakout Session III
10. Restorative Yoga – Relax and Refresh
11. Getting Older Is Not For Sissies
12. Senior Options: In-Home Services and Community Resources

Update on Healthcare and Benefits
H 13. State Teachers Retirement Systems of Ohio (STRS-OH)
H 14. Ohio Public Employees Retirement Systems (OPERS)-Health Care Under 65
H 15. Ohio Public Employees Retirement Systems (OPERS)-Health Care 65 & Older

Optional: Tours (select one) Additional $10 per person
T 1. Chadwick Arboretum
T 2. CAR-Center for Automotive Research
T 3. Campus Bus Tour

Registration: $30 per person
Optional Tour: $10 per person

Please note any special dietary needs:
☐ Vegetarian  ☐ Gluten-Free

THE Ohio STATE University
OSU RETIREES FALL CONFERENCE AGENDA
Wednesday, September 11, 2019 | Fawcett Event Center | 2400 Olentangy River Road

8:00-9:00 a.m. Registration
9:00-9:15 a.m. Welcome and Introductions
9:15-10:00 a.m. KEYNOTE: Firm Foundation – Bright Future
OSU’s 1st President Edward Orton (Ron St. Pierre, Professor Emeritus, Anatomy) will be interviewed by William I. Ausich, Director, Orton Geological Museum.
OSU’s 15th President Michael V. Drake will share his views of our future.
10:00-10:30 a.m. Exhibits and Refreshments
10:30-11:15 a.m. Breakout Session I (Select one)
• Advanced Computing Center for the Arts and Design (ACCAD): Janet Parrott, Director (ACCAD), will share how the center’s vision has expanded since its beginning.
• Fearless Falling and Reducing Injuries: Mike Grigsby, retired OSU Biomedical Design Engineer, will demonstrate ways to protect yourself with safe falling techniques.
• Dark Energy and the Accelerating Universe: Barbara Ryden, Professor in Astronomy, will discuss the expansion of the universe and the hunt to find the “dark energy.”
• Downsize and Organize into the Next Chapter: Julie Riber and Ellen Limes, both Certified Professional Organizers, will share their tips and experiences.
11:30-12:15 p.m. Breakout Session II (Select one to attend)
• The History and Influence of the Oval and Mirror Lake Hollow: Tamar Chute, University Archivist, and Stephen Volkmann, University Landscape Architect, will discuss the significance of Mirror Lake Hollow and the Oval.
• The Importance of Stretching and Flexibility as We Age: Spencer Fee, ACSM-EP, will involve practicing a flexibility assessment and several useful stretches.
• The Horror of 9-11 and the Kindness of Strangers: Shirley Brooks-Jones, OSU Emerita and OSURA member, will share her experiences on that fateful day.
• When OPERS or STRS Retirement Does Not Pay the Bills: Carol A. Ventresca, Executive Director, Employment For Seniors, Inc.; and Marilyn Bury Rice, Director, OSU Lhota will assist you in becoming the best candidate for your next job.
12:20-1:20 p.m. Lunch in the Fawcett Center Ballroom
1:30-2:15 p.m. Breakout Session III (Select one to attend)
• “Time and Change Will Surely Show...”: Director Robert Ward and the Men’s Glee Club will celebrate Ohio State’s 150 years with...“How firm thy friendship.”
• Restorative Yoga – Relax and Refresh: Beth Steinberg, Registered Yoga Teacher, will present you with a gentle, relaxing series of movements and positioning.
• Getting Older Is Not For Sissies: I. David Cohen, author of 1000 Years of Memories, will trace the life stories of individuals who have reached the age of 100 or beyond.
• Senior Options: In-Home Services and Community Resources: Janet Caldwell, Franklin County Office on Aging, will provide you timely information and resources.
2:30-3:15 p.m. Healthcare and Benefits
• STRS – This session will include any changes to the members’ plans for benefits or health care programs for 2020 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 2020 and an update on the status of their retirement in general.

OPTIONAL TOURS ($10 charge) Leave at 3:30 p.m. (A bus will take you and return you to the Fawcett Center)
• Chadwick Arboretum
• CAR – Center for Automotive Research
• Campus Bus Tour

The Ohio State University