Keynote Address

Speakers: Edward Orton (Ron St. Pierre), William Ausich, and President Michael Drake

By Susan Evans

Ron St. Pierre, playing OSU’s first president Edward Orton, was interviewed by William Ausich, Director of the Orton Geological Museum. This was a light-hearted historical overview of The Ohio State University when it first opened as the Ohio Agricultural and Mechanical College in 1873. The interview highlighted archaeological perspectives on the history of the University. Within 5 years the name changed to The Ohio State University.

OSU’s 15th President, Michael V. Drake, then introduced his keynote with a review of the history of OSU, shared his views on current endeavors and accomplishments, and his views on the future for The Ohio State University. Dr. Drake highlighted development of OSU’s strategic planning process that focuses on elevating The Ohio State University’s position as a leading research institute as well as elevating the quality of life in Ohio.

Key areas of focus of the strategic plan include:

1. Improving the teaching/learning process through development of the University Institute for Teaching and Learning. OSU’s Nike contract, as well as our energy contract, included an endowment to enhance our teaching/learning focus. Monies were allocated to support OSU’s teaching program, including professional development of faculty (teaching professors how to teach). To date 70% of our faculty have participated in Phase 1 of the teaching support program and another 45% have completed Part 2. This is an ongoing focus of the strategic plan.

2. Enhancing the path of our student. We currently have a 95% retention rate of students from Year 1 to Year 2 and have improved the graduation rate of students from 58% to 67% in 5 years. The 6-year graduation rate is above 80% which is an excellent measure of OSU’s success rate. Furthermore, employers rank OSU as a top university to recruit from (#17 out of 3,000).

3. By putting money into “need based” aid for students, affordability of college education has been enhanced with Pell grants, land grant scholarship opportunities and keeping tuition rates flat over the past 4 years. Fewer students are graduating with debt, and the amount of debt has decreased.

4. Elevating our passion as a research facility with US News and World Report recently ranking OSU a top research facility. We have experienced record-breaking years in achieving research funding to include $65.7 million awarded to the College of Medicine to help focus on opiate addiction.

5. Administratively, OSU has increased the minimum wage of staff to at least $15/hour. We have developed savings programs designed to decrease the administrative costs of construction and then returning the savings to need-based aid to our students.
Dear OSURA members:

I was struck by a recent column in the Gerontology News called “Is Ageism the ‘Secondhand Smoke’ of Healthy Aging?” (Ageism is, according to the dictionary, “prejudice or discrimination against a particular age group and especially the elderly.”) In it, James Appleby, CEO of the Gerontological Society of America, reminds his readers how age stereotypes, which come from our culture, can impact the attitudes towards the health of older adults.

GSA is part of a national effort to reframe the discussion of aging. It recognizes that there is little understanding of the aging process, often referred to as a “battle”, and of the contributions of older adults to society in general. How aging is experienced has changed dramatically in the past 25-50 years. Particularly, this is true of retirement. Years ago, a friend who was retiring from Ohio State and taking another teaching position right away told me “retirement is death.” I think today we have a much broader view of the time after we stop working for pay and understanding of all the opportunities and challenges that are available to us.

So it is up to us to help correct the stereotypes about aging and older adults. Indeed, we know that such stereotypes can negatively impact our own attitudes, cognition, and behavior. Have you ever thought to yourself, “Well, I’m too old to do that!” Or “Of course, I feel this way because I am old.” In fact, one’s own attitude towards aging can affect one’s health outcomes. Research shows that those with better attitudes do better as they age than those with negative attitudes. So we owe it to ourselves and our health as well as to those coming after us to listen to what we are saying, reflect about our attitudes, and then speak up when we encounter ageism.

And please don’t call me “young lady.” I know you mean well, but I am old enough to be your grandmother and I am proud of it.

Odds and ends: You can’t say “thank you” too often, especially in a month that includes Thanksgiving! So thank you to the organizers of our Health and Wellness event on the Genitourinary System for an informative event. Also thank you to all who turned out to help pack food as part of Ohio State’s celebration of World Kindness Day! Just another example of how retirees give back to the University.

Finally, we appreciate your support for our endowment to combat student food insecurity. In this newsletter, you’ll find information on how to use your IRA required minimum distribution to make a gift to the fund. Remember, you can make a gift to Fund #316596 by calling (614) 292-2141. Thank you so much!

Margaret H. Teaford
President of OSURA
Welcome New Retirees

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Fearless Falling and Reducing Injuries

**Speaker:** Mike Grigsby, Retired Biomedical Electronics Design Engineer

By Phyllis Carroll

Mike started his presentation with some basic knowledge that we have been falling since we started walking because it is hard to balance on one foot. When we walk forward, one foot is in the air moving forward and we are balancing on the other. Common fall is tripping and falling forward. One way to help us to overcome this is to practice a Tai Chi technique—hold onto a counter or chair with one finger and lift one foot and balance on the other for 30 seconds on each leg. Exercise is the best thing to keep doing as we age to aid in the prevention of falls. Also, pay attention to surroundings because falls are not just related to seniors. Most fatal falls occur in the home. Things you can do to reduce home falls:

- Make sure you have good lighting.
- Keep floors clear of clutter.
- Stairs should be in good condition.
- Have secure grab-bars in bathroom.

Mike demonstrated forward and backward falls and provided a handout outlining the techniques he used which were “tuck”, “sit”, “roll”, and “slap”.

Mike teaches classes regularly on Fearless Falling at Whetstone Community Center and Worthington Griswold Center. Check for current classes online at: [www.FearlessFalling.com](http://www.FearlessFalling.com).
Advanced Computing Center for Art and Design

Speaker: Janet Parrott, Director

By Donna Lamb

Janet began by saying that any discussion of ACCAD must begin with mentioning its founder, Chuck Csuri, who turned 97 on July 4th and is still working. His many accomplishments include being a Bronze Star recipient and being in the Football Hall of Fame. As part of the video presentation, his first drawings using fragmentation animation created in 1964, was shown and is now housed in the Smithsonian. Receiving his MFA in 1948, he became a member of the Mathematics Department at OSU in 1949. ACCAD was established in 1986 under his leadership.

ACCAD is making far-reaching impacts and influence on areas beyond their widely-known successes involving computer animation. The technology and expertise of ACCAD is a resource used across the campus to provide programs for many other departments and colleges. One example is the development of an interactive program which allows medical students to practice and review their patient interaction skills on virtual patients. Dancers and choreographers utilize programs to create and study movement and dance virtually. This collaboration with artists and other disciplines provides an umbrella for multidisciplinary approaches to problems. Another exciting example of this collaboration is a partnership with Dr. Danforth, at the Medical Center, who is exploring using virtual reality with dementia patients.

Dark Energy and the Accelerating Universe

Speaker: Barbara Ryden, Professor of Astronomy OSU

By Carl V. Leier

With passion and high energy, Barbara Ryden offered an introduction to cosmology and unveiled the astrophysics study of the universe. From the history of great scientists, their ever-changing theories and breakthroughs, the audience learned 5% of our universe is protons, neutrons, and electrons; 26% is dark matter; and 69% is dark energy.

In 1915 Albert Einstein published his field equation for general relativity and created cosmological constant symbolized by $\Lambda$ - Greek letter Lambda. Two years later he applied the field equation to a static universe. This static model showed the attractive force of gravity acting on matter balances repulsive force of Lambda. He viewed Lambda as a "constant of integration."

At this same time William de Sitter simplified by setting the right side of field equation to “0” – allowing it to be moving (speeding up expansion) – not static!

Einstein = World full of matter and no energy. De Sitter = World full of motion and no matter.

In 1923 Einstein admitted a possible error – “If there is no quasi-static world then away with cosmological constant!” Another letter from Einstein in 1929 stated that he considered Lambda his biggest blunder. But Lambda appears again, again, and again.

So, what is dark energy? It is "something that makes the expansion of the universe speed up." Dark energy has been “blamed” on Mike Turner in 1998 when it was considered the breakthrough of the year and 2011 received the Nobel Prize. It stated dark energy is positive energy and negative pressure.

How can you test for dark energy?

1. Look for thermonuclear supernovae (exploding white dwarfs) in distant galaxies.
2. Measure brightness of supernovae.
3. Distance vs. redshift for 580 supernovae in billions of light years

How does OSU fit into this research? World-renown Center for Cosmology and Astroparticle Physics (CCAPP) has been established:

- To observe more supernovae
- To observe gravitational lensing – dark matter distorts background of galaxies. It can be mapped.
- To observe galaxy clusters to learn how energy affects clustering together of matter

Preliminary results indicate a gentler dark energy – but a cosmological constant is still possible! The program concluded with a spirited statement from Professor Ryden – “I Love Lambda.”
Downsize and Organize into the Next Chapter

Speakers: Julie Riber and Ellen Limes, Certified Professional Organizers

By Doug Torrance

Julie and Ellen have worked together in their business, Transitioning Through Life, for nine years assisting with downsizing, decluttering, and organizing. People tend to buy things and never eliminate them. They gave examples of helping downsize before moving and doing estate sales after the death of a client’s relative. No matter where you are in life, you can always downsize the items you don’t need or want. They mentioned Margareta Magnusson and “Swedish Death Cleaning,” which proposes that you as an individual need to take care of your belongings before you die, so your death is not such a burden for those you leave behind. Marie Kondo, the Japanese organizing consultant and author, suggests that you ask of each item, does it still give you joy?

Decluttering is a process, not an event. You need to schedule it on your calendar in small steps, starting with 30 minutes a day on an area of least importance. Just do one drawer or side of a closet and increase the time. Often dresser drawers are too full, and we end up cramming the items into it. We typically don’t wear 80% of the clothes we have in a closet.

They discussed the acronym S.T.A.C.K.S.: Sort, Toss, Assign, Contain, Keep it Up, Simplify. We buy more because we can’t find the original. We need to assign a place for everything and need to contain our belongings. Keep it up by revisiting everything periodically.

They ended with the following advice:
1. Give everything a place.
2. Do a clutter check each week.
3. Create a drop zone.
4. Rethink your purchase.
5. Organize every few months.

History and Influence of the Oval and Mirror Lake Hollow

Speakers: Tamar Chute, University Archivist and Stephen Volkmann, University Landscape Architect

By Shirley McCoy

Mirror Lake Hollow was a bog in 1870, then became a more formal lake. Its natural spring was disbanded due to major utility work. Eventually a stone edge, brick bottom and spray fountain were added.

Mirror Lake area has always been a gathering place. In the early years, women students held performances at Browning Amphitheater nearby, as well as tug of war over the lake, ice skating and canoeing.

The Mirror Lake Jump started in the 1980s during the week preceding the game with the Team Up North. In 2014, the University started looking at what they could do with Mirror Lake to discourage jumping. A student died during the 2015 jump, and then jumps were banned.

In 2016, Mirror Lake redesign was implemented with safety as the primary goal. Landscaping was done to keep people from the now-soft edge of the lake and incorporated in multiple public spaces. The soft-bottom lake will now drain in one hour. Mirror Lake remains a gathering place, safer and more natural.

The Oval Area was first developed in 1892. Two plans were submitted: 1909 the Olmstead Brothers proposed a great central lawn with a romantic landscape and 1910, Charles St. John Chubb subscribed that buildings be specifically placed. Chubb’s plan was chosen.

However The Oval ended up being a bit of both – a great lawn with buildings specifically placed. Graduation ceremonies were held there until the stadium was built in 1922. However, the 2001 Commencement was on The Oval during stadium renovation.

In the 1960s the oval became totally pedestrian. A renewal plan was adopted in 2002 which maintains the central green with a brick loop walk surround. Building site lines were improved by raising the tree canopy. In 2006, the Library was renovated, maintaining its presence on the oval. It continues to be an activity center for students to relax, study, and play.
Stretching and Flexibility

Speaker: Spencer Fee

By Hallan Noltimier

First we learned about flexibility and what factors affect our flexibility as we age. Then he discussed the benefits of stretching and the different types of stretching we can incorporate into an exercise program. He then began the interactive part of his presentation where we practiced two different stretching assessments and a variety of simple static and dynamic stretches. Finally, he put it all together and talked about the evidence-based recommendations for starting and progressing through a flexibility-training program. Spencer Fee is a certified personal trainer through the American College of Sports Medicine and has specialized in working with us older adults for over 10 years.

The Horror of 9-11 and the Kindness of Strangers

Speaker: Shirley Brooks-Jones

By Darian Torrance

While the United States was reeling from terrorist attacks on 9/11/2001, Shirley Brooks-Jones and 218 other passengers were on Delta Flight 15 traveling to the United States from Frankfort, Germany. The airline captain announced an emergency and landed the plane in Gander, Newfoundland. Thirty-eight planes were redirected to Newfoundland due to the national emergency in U.S. airspace. While the plane was grounded for 28 hours on the tarmac, Shirley began taking notes about this experience.

Newfoundland officials gathered to plan for ways that they could care for the "plane people," as they were called. Shirley and her fellow travelers were assigned to Lewisporte, a small fishing town nearby. For three days, the community took care of them at the Lewisporte Lions Center with loving hospitality – providing food, linens, toiletries and other necessities. The townspeople refused to take money for their generosity and care. The mayor of Lewisporte even took some fellow passengers to doctors, and pharmacists filled prescriptions without cost. During her time in Newfoundland, Shirley experienced the most generous and caring people she had ever encountered, and she felt "bonded" to them.

Once the planes were cleared to fly to the United States, passengers discussed how they could give back to the community that had done so much for them during this emergency. A fellow passenger suggested that they start a college scholarship fund for students of the Lewisporte Collegiate High School. Shirley made an announcement to passengers on the plane asking for donations to the scholarship program. By the time the plane arrived in Atlanta, Georgia, over $15,000 had been pledged for this fund. After returning to Columbus, Shirley set up an endowed fund in the Columbus Foundation to collect donations for this program. She made phone calls and sent emails and letters to those who had pledged to let them know where to send their money.

Each year, Shirley goes back to Newfoundland to present scholarships to Lewisporte students. Over 291 students have received scholarships so far. Shirley was recently awarded the inaugural Acorn Award by the Columbus Foundation for her creation of and involvement with the Lewisporte Area Flight 15 Scholarship Fund.

The heartwarming story of this experience has been documented in the Broadway musical “Come from Away,” which will be presented in Columbus in the late fall of 2020.
Job Searching at 50+

**Speakers:** Carol Ventresca, Executive Director of Employment for Seniors and Marilyn Bury Rice, Director of Alumni Career Management

By Rachael Turner

Carol Ventresca, Executive Director of Employment for Seniors, and Marilyn Bury Rice, Director of Alumni Career Management at the OSU Alumni Association, presented many strategies that seniors can use as they search for jobs.

They began by encouraging us to understand that employers value maturity and experience, and our goal is to become the best possible candidate for their available jobs.

The first step is to seek guidance from Carol Ventresca at Employment for Seniors, 614-863-1219, or from Marilyn Bury Rice at The Alumni Career Management Office, 614-292-3314.

When you contact one of these offices, these are some of the topics you will discuss: Identify your own situation and your transferable skills; build your own network for job searches; learn how to identify job opportunities; practice interviewing tips; and build your job search package which contains your resumes and your cover letters.

It is good to remember that employers will value your maturity and experience because: We have lower absenteeism and lower turnover; we make fewer mistakes and ensure quality; we have transferable skills and experience in many venues; we have better work ethics; and we are committed to our jobs and our employers.

Time and Change will Surely Show

**Speaker:** Director Robert Ward and the Men’s Glee Club

By Doug Torrance

Dr. Robert Ward, Director of Choral Activities, assisted by Professor Emeritus James Gallagher, former conductor of the Men’s Glee Club from 1981 to 2002, gave an historical narrative of the group, while showing related pictures on the screen and incorporating songs by the glee club. It began as a social club in 1873, but became a musical group by 1875. It is the second oldest student group at OSU, and by 1890 it was recognized as a men’s glee club. In 1895 they had a director and began giving performances. They sang “Carmen Ohio” for the first time in 1903. In later years they appeared both on the Ed Sullivan Show and performed in the Rose Bowl. In July, 1990, the glee club won an international competition in Wales and was designated Choir of the World.

Two glee club alums were recognized in the audience: Wendell Ellenwood (1942-1943) and Rod Harrison (1947-1950). It was noted that 71% of the current members are in a major other than music. Bob Ward demonstrated what a glee club audition is like with one of the current members. He showed that Casey Cook, the glee club piano accompanist, is not just a piano player, but she is a gifted musician.

**Four rules guide the Men’s Glee Club:**

1. Show up – the members need to be there.
2. Pay attention – have a real investment in the group.
3. Tell the truth.
4. Don’t be tied to the outcome, but do the right thing.

The presentation was appropriately concluded with Dr. Paul Droste, former OSU Marching Band Director, conducting the glee club and audience in “Carmen Ohio.”
November 19 (Tuesday)

Craft Group

Bring your own craft of choice or just join us to eat, socialize and see the creativity of other retirees. Some will continue to work on holiday crafts. Please email marycull.4@gmail.com if you plan to attend.

Time/Place: 2-3:30 p.m., Columbus Metropolitan Library–Whetstone Branch (Meeting Room), 3909 N. High Street
Arranger: Mary Cull (Craft Group SIG)

November 20 (Wednesday)

Book Club

Mrs. Sherlock Holmes: The True Story of New York City’s Greatest Female Detective by Brad Ricca. The true story of Mrs. Grace Humiston, the detective and lawyer who turned her back on New York society life to become one of the nation’s greatest crime fighters in the days before women could vote. Grace’s motto, “justice for those of limited means,” led to many fascinating cases and social changes.

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)

November 21 (Thursday)

Lunch Bunch

REGISTRATION NOT REQUIRED

Our OSURA endowment fund to combat OSU student food insecurities helps support The Buckeye Food Alliance. Nick Fowler and Josh Debo from Buckeye Food Alliance will give us information on how we can be of the most assistance.

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.
Contact Person: Elenore R. Zeller (Social Committee)

November 26 (Tuesday)

Tertulia Breakfast

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)

November 27 (Wednesday)

Bridge Group

Join us – enjoy the fellowship, and have fun playing a good game of bridge.

Time/Place: 1 p.m., Friendship Village of Dublin, North CR
Arranger: Steve Miller (Bridge Group SIG)

November 10 (Sunday)

Play–Heisenberg: The Uncertainty Principle

Challenge Level 1
REGISTRATION REQUIRED

Romance and science collide in this play. “Heisenberg is a portrait of a couple acting and reacting to each other, registering the changes that occur with each encounter, each revelation, each word spoken.” (Ben Brantley NYT’s Critic’s Pick).

Meet by: 1:45 p.m. Civic Theater, 3837 Indianola Ave
Return: 4 p.m.
Cost: $15 at the theater; admission
Registration/Refund Deadline: Register at OSURA.CulturalArts.Travel@gmail.com by November 2
Arranger: Marilyn Blackwell (Cultural Arts Committee)
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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**November 14 (Thursday)**
**Visit The Ohio State University Airport (Don Scott)**

*Challenge Level 1*

**REGISTRATION REQUIRED**

Learn about the inner workings of the OSU Airport and the Center of Aviation Studies at Ohio State. Afterwards, walk to a nearby hangar where various planes will be on view and members of the International Org. of Women Pilots will talk about private piloting and the history of women in aviation.

**Meet by:** 12:45 p.m., OSU Airport, 2160 West Case Road

**Return:** 3:30 p.m.

**Cost:** No cost

**Registration Deadline:** Register at OSURA. CulturalArts.Travel@gmail.com by Nov. 8.

**Arranger:** Susan Berntson (Cultural Arts Committee)

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**November 21 (Thursday)**
**Exploring Greece and Its Islands Tour**

**Informational Meeting**

Slide presentation will be given featuring Classical Greece, Mykonos & Santorini. This trip is planned for October 11-25, 2020 with the assistance of Collette Tours. More details will be provided at the meeting.

**Time/Place:** 3-5:30 p.m., Whetstone Library, 3909 N. High St.

**Arranger:** Alabelle Zghoul (Travel Committee)

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**December 5 (Thursday)**
**Castle Noel & Stan Hywet Tour**

Medina and Akron

*Challenge Level 2*

**REGISTRATION REQUIRED**

We’ll visit Castle Noel, America’s largest year-round indoor Christmas entertainment attraction. After lunch, we’ll proceed to Stan Hywet Hall for their annual Deck the Hall. The theme this year is Classic Comic Hero Christmas.

**Meet by:** 10 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)

**Return:** approximately 9:30 p.m.

**Cost:** $84.75; cost includes lunch, admissions, motor coach transportation, snacks, tips

**Registration/Refund Deadline:** Register at osura.osu.edu or call 614-292-2281 by November 18.

**Arrangers:** Alabelle Zghoul and Betty Hriesik (Travel Committee)

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**December 15 (Sunday)**
**Gentleman’s Guide to Love and Murder: A Musical Comedy**

Gallery Players-Jewish Center

*Challenge Level 1*

**REGISTRATION REQUIRED**

This 2014 Tony Award winner for best new musical is a comedy about murder and ambition. Monty Navarro, who is ninth in line to be Earl of Highhurst, sets about bumping off the eight ahead of him, with affections by two ladies. Mature content, appropriate for teens and up.

https://columbusjcc.org/cultural-arts/gallery-players/

**Meet by:** 2:15 p.m. Jewish Center, 1125 College Ave

**Return:** 4:30 p.m.

**Cost:** $15; admission

**Registration/Refund Deadline:** Register at osura.alumni.osu.edu or call 614-292-2281 by November 29.

**Arranger:** Anca Galron (Cultural Committee)

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**December 18 (Wednesday)**
**La Comedia Dinner Theater—Elf, The Musical**

Springboro, OH

*Challenge Level 2*

**REGISTRATION REQUIRED**

A buffet luncheon followed by the play Elf, The Musical lacomedia.com

**Meet by:** 8:45 a.m. Tremont Center (Tremont Road, opposite Upper Arlington Library)

**Return:** 5:30 p.m.

**Cost:** $74.50; includes buffet lunch, show admission, motor coach transportation, snacks, and tips

**Registration/Refund Deadline:** Register at osura.alumni.osu.edu or call 614-292-2281 by November 15.

**Arrangers:** Alabelle Zghoul and Betty Hriesik (Travel Committee)

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**2020**

**January 24 (Friday)**
**2019 Income Tax Seminar**

Ginger Ittenbach and her team from Truepoint Wealth Counsel of Cincinnati will discuss Federal and State income tax issues for 2019. 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)
The season of giving is near!
So, give yourself a gift, and renew your OSURA membership now!

Here’s why...

You can stay current with important pension and healthcare issues via our monthly newsletter, stay in touch with some 2,700 new friends and old through the updated directory, and enjoy more than 100 social activities and learning opportunities throughout the year.

It’s easy to renew. You can call Customer Service, (614) 292-2281 or (800) 762-5646. Or, on your computer, go to OSURA.osu.edu and click JOIN to make your $25 annual donation or $500 donation for a life membership (both are tax deductible).

Retirees, we’re still an important part of the University family, and we make a positive difference at OSU while continuing to enrich our own lives. Stay involved, and renew your OSURA membership by December 31, 2019.

Restorative Yoga

Speaker: Beth Steinberg, Registered Yoga Instructor

By Susan Evans

Beth shared that she began practicing yoga several years ago to improve her posture and address chronic back pain she developed over years as a practicing Registered Nurse. This was an experiential session designed to introduce us to Chair Yoga.

We began with focusing on our posture and alignment as we sat in our chairs and then she helped us to focus on our breathing. Beth shared that yoga focuses on a coordinated breath and so she guided us through a 3-part breath practice. Beth then guided us through practicing a variety of yoga poses and stretches. She then led us through a guided imagery session. Beth also distributed a 2-page handout titled "Chair Yoga: Beginner Basic" that reviewed all of the poses and stretches that Beth helped us practice.

Beth shared that Restorative Yoga is a type of Hatha yoga, the gentlest of yoga practices. Beth also shared with us that there are Yoga sessions offered at Integrative Medicine on Kenney Road as part of Ohio State’s health and wellness classes. Class schedules and additional information are available online. The attendees all left a bit more refreshed!
Getting Old is not for Sissies

**Speaker:** David Cohen, author of *1000 Years of Memories*

By Meg Teaford

David Cohen discussed the process he used to write his book on 10 centenarians and to identify trends and traits they had in common. He conferred with Dr. Bob Applebaum from the Scripps Gerontology Center and with Katie White, director of Age Friendly Columbus. He provided colorful and humorous examples of his interviews asking such questions as “What is your earliest memory?” His group was composed of those who became adults during the Depression and served or worked in World War II. Asked to identify what things encourage longevity, he listed as number 1 the importance of having social contacts followed by having an annual flu shot, reducing both drinking alcohol and smoking, and establishing a close relationship with a friend.

Senior Options: In-Home Services and Community Resources

**Speaker:** Janet Caldwell, Franklin County Office on Aging

By Jerry Newsom

If you own property in Franklin County, you help pay for it. Eighty percent of your fellow voters approved of the last ballot proposal for it. After state funding was cut off for a program to help seniors, in the early 1990s, Franklin County stepped up to keep the program going. For a levy of $55/year on a $100,000 home, Senior Options serves 9000 older citizens at home and in community-based programs. A major goal is to help seniors stay in their homes, providing services that aren’t covered by Medicare or Medicaid, with co-payments that vary between 50% and 100% of the cost.

A “Case Manager” provides information and offers referrals to for-profit or non-profit agencies at below-market rates. Vetted homemakers can visit a home and check for clutter that could cause falls. Nutritious meals can be delivered to those unable to cook. Minor home repairs for lower-income residents can help keep homes livable. Seniors can get nutritional supplements (with doctor’s prescription) or help with money management and legal services. We can all participate in Senior Options by calling 614-525-6200 (M-F, 9:00-4:30).

The Franklin County Office on Aging sponsors events to get seniors to participate in enjoyable events (e.g., attend a Clippers baseball game). They can be reached at 614-525-5230. If you or someone you know could improve their lifestyle by making use of services offered, it behooves one to make the phone call.
This was mostly a case of “No News is Good News.” The health care program for STRS retirees is nearly unchanged for 2020. The Aetna Medicare Plan will have no increase of premiums, the fifth year in a row that has happened. The 96,000 enrollees should be delighted by this. The prescription drug plan for Medicare enrollees will have minor changes (for example, increasing the maximum out-of-pocket limit to $6,350 from $5,100, as required by Medicare; non-Medicare enrollees have their $5,100 limit unchanged.) In addition, the $29.90 reimbursement that STRS has been providing to Medicare Part B participants each month, scheduled to expire in December 2019, will be extended through 2020. When the open enrollment packet arrives in the third week of October, look over it, but the great majority of us will likely make no changes. The current Aetna ID cards will continue to be used in 2020.

The question session addressed some concerns by OSURA members. The current Express Scripts contract is for three years and the merger of CVS and Express Scripts should produce no changes for at least five years. The annual phone calls from Aetna asking about a visit by a nurse to the participant’s home (the “healthcare risk assessment”) provoked considerable interest; some felt the visits were welcome and valuable and others thought the phone calls bordered on harassment. Greg explained that Medicare requires Medicare Advantage Plans to offer the wellness home visit. The more home visits completed, the higher the “Star rating” for Aetna, which translates into more reimbursement for STRS. Aetna’s present Star rating is 4 out of 5 and they are very close to getting the top score. The home visit provides services not covered in an annual wellness exam with a family doctor, such as conditions in the home. One also has considerably more time to talk with the visiting nurse than a doctor is usually able to provide. STRS retirees still don’t get a COLA but at least their health care is doing well.

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The focus of this session was to review how OPERS is funded (10% member contribution and 14% employer contribution) and the plan designs being discussed by the OPERS Board focusing on strategies to maintain solvency of the OPERS funds. Kevin shared information on the structure of Member Contribution and Employer Contribution to OPERS.

Pension funding is the primary focus/goal of OPERS while Health Care funding is secondary. He reviewed the importance of investment returns and the concept of Pension Amortization to both Pension and Health Care solvency. He reviewed the impact of changes in the employer contribution in 2018. He related estimates of how long Health Care dollars would last without successful long-term investments and spoke some about how funds are invested. Long-term investments are designed to benefit all members and retirees.

The impact of retirees living longer in retirement requires thoughtful and successful investment earnings in addition to contribution rates. The plan design discussion by the OPERS Board indicates that future retirees expect to earn a reduced pension.

Kevin shared changes being made to improve our health care benefits as well as the HRA allowances and the Medicare connector model. The challenges to maintain health care funding options and affordability of our health care options require careful planning. The projected impact of health care inflation also needs considered in the Board planning.

The OPERS Board is looking at the plan design in its entirety and communications are shared regularly via email with OPERS members. Kevin urged all of us to be sure we have current email addresses so we can receive this communication. OPERS board members will also be traveling OHIO to share planned changes and get feedback from members.
2019 OSURA Fall Conference
Left: Solemn 9/11 moment.
Below: Alumni Society Program of the Year

Lunch is time for friends and great food.
After a good Conference, members loaded busses for tours of Campus, Chadwick Arboretum, or Center for Automotive Research.