In 2014 we celebrated with the College of Optometry, their first 100 years. It had started as a two-year certification program in Applied Optics. In 1936 Dr. Glenn Fry was appointed director and during his 30-year tenure the school was transformed. Research became a focus and it graduated the first of many PhDs – and moved to its familiar home on 10th Avenue.

This time last year we were still going into that quaint entrance for the many optometry services provided by OSU.

Not any more! Just last month, after 69 years, Optometry moved from Fry Hall to a brand new, state-of-the-art facility – the Main Campus Clinic, 1664 Neil Avenue, next to Wexner Medical Center – with the added convenience of being right next door to an OSU parking structure. Gone are the days of stumbling blocks to your car after an exam!

The mission continues to be to offer trustworthy eye care consistent with the OSU tradition of excellence in teaching, research, and service to the community. As the website says, “The renowned faculty, staff and students will continue to provide optimal comprehensive vision eye health by employing their collective specialized knowledge of the visual system, using advanced technology and innovative procedures, and prescribing cutting-edge ophthalmic products.” Speaking of “products,” Ohio State Optometry Services recently launched a new online store for ordering contact lenses and other optical supplies available through College of Optometry!

But wait, there’s more. The Optometry services are no longer limited to Main Campus but provide satellite facilities. In addition to Student Health Services, there is an Optometry Services Clinic in Upper Arlington as part of the Wexner Medical Center Outpatient Care facility at 1800 Zollinger Road.

Recently, an OSURA member had an appointment in the Fry Hall complex – a month later her follow-up was in the new Main Campus facility. The difference was night and day! The new Optometry Service is bright and modern and worthy of the wonderful services provided over the years.

Being a part of The Ohio State University enriches our lives in so many ways – music, theater, the arts, and yes, even athletics – but probably the greatest value is access to world-class health care of all kinds. Dentistry is in the middle of a major expansion of Postle Hall that will transform their facility – we’ll look at that soon.
Dear Friends:

A new year is here. Down with the old year. Hope that you had a restrained but joyful holidays. Bette and I had plans of celebrating her mother’s 100th birthday, but California closed its doors. Bette and I, along with relatives and friends, were expressing the wishes through ZOOM. Since mid-March 2020, the world and OSURA have learned to communicate in this NEW way. From our annual conference through ZOOM, OSURA members from afar were able to be part of the conference.

By virtue of Social Distancing and OSU rules, we might be zooming for a good part of 2021. The OSURA Board has tried to provide the membership with some LIVE streaming of performances and events. The Board is seeking a person from the membership to serve as an observer of OPERS. This person will engage in the monthly OPERS meeting and provide a report to the board with the findings that would help/hurt OSURA members at its monthly meeting. And for that, you can be a member of the Board. It can’t be better than that. If you’re game, drop me a line.

Jerry Dare
President of OSURA

2020 Pandemic Portrait of the OSURA Board

Top Row: Michele Hobbs, Secretary; Jerry Dare, President; Tom Sweeney, Historian; Sandy Bell, Membership; Shirley Flowers, Member at Large.

2nd Row: Gemma McLuckie, President-Elect; Gerald Newsom, Finance; Meg Teaford, Past-President; Nancy Wardwell, Communications; Carol Newcomb-Alutto, Benefits.

3rd Row: Edward Schlechty, Treasurer; Debra Zang, Member at Large; Marie Taris, Bylaws; Darian Torrance, Member at Large; Sally Dellinger, Friendship.

4th Row: Michele Bondurant, Human Resources; Howard Gauthier, Finance; Elenore Zeller, Social Committee.
Welcome New Retirees

Pamela Marjo Beavers  
Family Medicine

David Martin Begovich  
Strategic Enrollment Planning

Rhonda L. Billman  
Wooster Campus Admin

Susan Szewczyk Brokus  
University Hospitals

Robert James Burkholder  
Electrical & Computer Engr.

Julia Ann Callahan  
Shared Services

Marian Yvonne Carter  
Engineering Administration

Mark Douglas Dillahunt  
University Hospitals East

Marilyn L. Drew-Talley  
Stu Life Environmental Svcs

Kenneth W. Goings  
History

Karen Sue Griffith  
University Hospitals

Victoria Elaine Haley  
Cancer Hosp & Research Inst

Keith E. Heinlein  
Shared Services

Deborah Anne Iulianelli  
University Hospitals East

Deborah S. Knapke  
OSUE County Operations

Carol Ann Ketting-Freeman  
Shared Services

Melinda Lee McDonald  
FCOB Administration

Douglas Kelley Mills  
Eng Technology Services

John Thomas Moore  
OCIO Operations

Charles Stephen Sedivy  
Facilities Operations

Carol Elaine Shaw  
Ross Heart Hospital

Terri Ann Sisco  
Ambulatory Services

Jean B. Spunt  
Periodontology

Beth Ann VanGundy  
Arts & Sciences Administration

Deborah J. Watson  
OSUE County Operations

Wellington R. Webb  
Cancer Hosp & Research Instit

FROM: The Benefits Committee  
By Jerry Newsom

STRS News

Since the STRS Board has gone to virtual meetings, they no longer hear live from retired teachers complaining about the loss of cost of living adjustments (COLAs), but Board members are still aware of the desirability of a restored COLA. Under current assumptions (no COLA, investment returns of 7.45%, recommended mortality tables), it will take a calculated 14.3 years (the “funding period”) before assets will equal liabilities. STRS staff calculated that if the 3% COLA that we used to have were reinstated now, the funding period would be 60.5 years, way above the 30 years required by the state. Even a 2% COLA would be over the limit, at 33.4 years. Adding to the problem is that the assumed 7.45% return looks increasingly optimistic, and if it is revised downward (which seems likely), these funding periods would get longer.

The extra $250 that participants in the STRS health insurance plan received in their December pension payments was a rebate of premiums they had previously paid, and as such STRS says it is not taxable income.

Legislative News

As of this writing, Congressional action on another CARES act to stimulate the economy is uncertain, but the leading proposal includes some funds for state and local governments. For those states with severely underfunded public pension systems, this could provide some relief. With decreased tax revenue coming in, some states find it harder to make their mandated payments to the state pension systems. Luckily STRS is not among the distressed pension funds. But at least the strong stock market recently has buoyed investments, important to retirees since most of our pensions are paid for by returns on investments.
COMMITTEE MEETINGS

January 5 – VIRTUAL
Benefits Committee
Time: 9:30 a.m.

January 12 – VIRTUAL
Board Meeting
Time: 9:30 a.m.

MONTHLY ACTIVITIES

January 14 (Thursday)
Photo Society – VIRTUAL
Program: Dick Burry will present "Exploring Sagrada Familia," the Spanish Basilica begun in 1882 and scheduled for completion in 2026.
Members' Theme: Places of Worship
Note: All entries for the Annual Photographic Competition must be received by January 14.
Time/Place: 7 p.m. via ZOOM (Link to be provided prior to meeting.)
Arranger: Nancy Verber (Photographic Society SIG)

January 26 (Tuesday)
Tertulia Breakfast – VIRTUAL
Contact Jerry regarding ZOOM link.
Organizer: Jerry Dare (dare.1@twc.com)

Book Club
Our You Are There play in January will feature the book Woman of Troublesome Creek by Kim Michele Richardson. The W.P.A. Depression-era programs were instituted to bring some income to those without jobs, but willing to work. It wasn’t just to build roads and bridges, or to paint pretty murals on government buildings, but also via the Kentucky Pack Horse Library Project, it used women to bring "book larning" to those in the “hollers” to thus better their lives.
Arranger: Lee Hill (Book Club SIG)

SPECIAL EVENTS

January 29 (Friday)
2020 Income Tax Seminar – VIRTUAL
Truepoint Wealth Counsel of Cincinnati will discuss Federal and State income tax issues for 2020. OSURA Registration link – https://osu.zoom.us/webinar/register/ WN_10S9v4ucTd2qCw9yRC5OgQ
Time/Place: 1 – 2 p.m
Arranger: Hallan Noltimier (Benefits Committee)

CHALLENGE LEVELS

1 Light – may include a few stairs.
2 Moderate – may include a few sets of stairs.
3 Moderate+ – may include climbing many stairs and/or uneven terrain.
4 High – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

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.
OSU Extension Healthy Aging Network Telecasts Available for Viewing

By Meg Teaford

HEALTHY AGING NETWORK TELECAST focuses on a variety of topics related to healthy aging. Host Kathy Tutt is joined by a number of guests and specialists in the field of aging. The links to access the telecasts are:

**Falls Prevention For Older Adults** –
Guests: Michelle Treber, educator, Ohio State University Extension Family and Consumer Sciences, Pickaway County; Lorrissa Dunfee, educator, Ohio State University Extension Family and Consumer Sciences, Belmont County
[go.osu.edu/healthyagingtelecastfallsprevention](go.osu.edu/healthyagingtelecastfallsprevention)

**Living a Healthy Life with Chronic Pain** –
Guest: Bridget Britton, educator, Ohio State University Extension Family and Consumer Sciences, Carroll County
[go.osu.edu/healthyagingtelecastchronicpain](go.osu.edu/healthyagingtelecastchronicpain)

**Nutritional Considerations for Older Adults** –
Guest: Jenny Lobb, educator, Ohio State University Extension Family and Consumer Sciences, Franklin County
[go.osu.edu/healthyagingtelecastnutrition](go.osu.edu/healthyagingtelecastnutrition)

**Caregiving** –
Guest: Laura Akgerman, disability services coordinator/Ohio AgrAbility with Agricultural Safety and Health Program
[go.osu.edu/healthyagingtelecastcaregiving](go.osu.edu/healthyagingtelecastcaregiving)

**Navigating Grandchild-Grandparent Relationships** –
Guest: James Bates, associate professor and field specialist in Family Wellness, Ohio State University Extension
[go.osu.edu/healthyagingtelecastgrandparent](go.osu.edu/healthyagingtelecastgrandparent)

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**Holiday Party Success**

The 2020 Holiday Party was a great success; in fact, folks who could not have attended otherwise, were able to join the festivities. Elenore Zeller and her Social Committee arranged for Joyce Geary, a professional storyteller, to share three delightful tales. We had the opportunity to ask questions – and it was wonderful just to be together!
The Power of Pets: The Human-Animal Bond

By Meg Teaford

On November 21, Dr. Rustin Moore, dean of the College of Veterinary Medicine, presented a webinar on pets and the human-animal bond as part of OSURA’s Health and Wellness Series. He highlighted the impact of pet ownership today; 70% of households have a pet and spend billions on them, considering them part of the family. During the pandemic, pet ownership has skyrocketed as many people are working from home. Three-quarters of all children live with a pet that serves as a source of comfort and support to them. Indeed, pets are considered to be a stable part of the family structure. Dr. Moore reported on the growing knowledge about zooeyia, or the human-animal bond and its impact on human health. Purdue University has found that having a pet lowers stress, decreases blood pressure, and overall improves health. Among the benefits are increased exercise to walk a dog and socialization as pets help us get to know our neighbors. Pets appear to lower health care costs for humans with fewer office visits to the doctor. A cute video on “adopting a person” (available on YouTube) was included along with information on OSU multidisciplinary research (nursing, social work, and veterinary medicine) on the impact of pet ownership. If you missed the webinar, a recording can be found on OSURA’s website (www.osura.alumni.osu.edu). Don’t miss this lively, informative, and entertaining presentation!

New to Caregiving?

Caregiving responsibilities can easily and quickly change; one day your spouse or partner or parent is healthy and the next he or she is hospitalized and will need your care to recover. This shift can seem overwhelming. Where to begin?

“Prepare to Care” is an AARP program to assist new and continuing caregivers. Deborah Hall, from AARP, presented a session at the OSURA Annual Conference on this topic. The webinar can be found on the OSURA website (www.osura.alumni.osu.edu) and is available to our members. Check it out for helpful hints on how to plan for caregiving and useful resources.
Before the coronavirus arrived, Andy and Sara enjoyed many activities sponsored by OSURA. They have gone on several trips, attended programs, and enjoyed dinners and Tertulia breakfasts at the Faculty Club. OSURA has been good to them, and they, in turn, have enjoyed volunteering in various ways. Sara served on the Membership Committee and as its chair shortly after she retired in 2000, and Andy volunteered with the litter pickers for many years.

They have been closely associated with OSU in one way or another since they moved from Iowa to Columbus in 1966. Andy, a civil engineer, (U of Iowa, 1959) had taken a position with the Federal Highway Administration. Before moving to Ohio, Sara had applied to and been accepted by the OSU Department of Linguistics. She began her graduate studies in 1967 and completed the Ph.D. in 1974 with a dissertation on Icelandic phonology (the sound system). Why Icelandic? Partly because she enjoyed studying Old Norse and had become fairly fluent speaking Modern Norwegian, Andy's native language. Andy had encouraged her study of Norwegian with his wedding gift, "Teach Yourself Norwegian," a do-it-yourself grammar book!

Studying Linguistics, Sara was thrilled to study with nationally and internationally-known faculty members. In the course of her career, Sara taught linguistics or composition at Ohio Dominican, Denison, and at Ohio State.

OSU was in transition, moving from open admissions to selective admissions. Large numbers of graduates of Ohio high schools were admitted to OSU, but were not succeeding and were dropping out. A program to help the students be better prepared was being developed by working with high school English language arts and mathematics teachers to make clear what the students needed in order to succeed when they enrolled in freshman English (now “First-Year” English) and math. Sara was asked to work on this program. She retired in 2000.

Andy's activities in retirement have been focused on three main areas: Boy Scouts, Red Cross, and church. In Boy Scouts, he has served for 30 years as advisor to candidates for the Eagle Scout rank. For years, boys would come to the front door. He would welcome them and ask them to take off their caps, invite them back to the kitchen table, and get to work on their preparation. The boys would exit the back door and set to work on their Eagle preparations. Whatever was going on in those sessions worked because many, many candidates succeeded in attaining the rank of Eagle Scout. (Note: their son, Grant Garnes, became an Eagle Scout, a noteworthy accomplishment.)

With the Red Cross, Andy served for many years as a Disaster Services team member finding housing for people who were temporarily homeless. He also served as a Blood Donor Volunteer, having donated more than 20 gallons of blood himself.

For many years following retirement in 2002, Andy directed the annual meetings of the Ohio Asphalt Paving Conference.

Andy and Sara have belonged to Maple Grove United Methodist Church since 1967. At church Andy served on numerous committees, including several terms as chair of administrative council and support services. Andy also sang in the choir for many years.

Andy and Sara share a love for travel. In retirement, they enjoyed many expeditions, including trips to Antarctica and the Arctic, making them "bipolar!"

Now residents of the Wesley Glen retirement community, they explore much closer to home and hardly at all since the coronavirus arrived. Sara has enjoyed playing her violin for vespers, and looks forward once again to rehearsing regularly with the Metropolitan Chamber Orchestra. Like many of you, they treasure their memories of good times with OSURA and look forward to a cure of the coronavirus and what life after will be like. They also look forward to participating in the new, remote versions of OSURA and to this next chapter that awaits us all.

The Listservs of OSURA: Virtual Exhibits and more

OSURA has listservs, one for cultural arts, and one for dining and learning. These listservs send notices and reminders of programs, such as lunch bunch and the dinner series, travel, and cultural events. Together, they complement events announced in the newsletter or mention cultural and educational programs of potential interest to OSU retirees.

If you are an OSURA member and not already receiving messages from these listservs but would like to receive messages from these listservs, send an e-mail and your name to goerler.1@osu.edu and indicate the lists you would like to join. There is no charge. All addresses are accepted, including gmail, aol, att.net, etc.
Friendship at Home is a long-term care plan specifically designed for seniors who wish to age in place, their place! This unique program provides concierge care services under one monthly fee, which remains steady over time, regardless of care needed later, up to full nursing home care.

Not only do the services provided by Friendship at Home address the growing demand for long-term care, but the program’s Care Coordinators’ remove the burden from loved ones.

Seniors can enjoy retirement without worrying how they will receive necessary care — all in the comfort and familiarity of their own home!

Call 614-734-2167 for information.