Stay Safe and Healthy

By Nancy Wardwell

Gleaned from the CDC, OSU “Navigating COVID-19 Together,” and experience:

For the vaccinated it was supposed to be a worry-free summer and beyond, but the rise of the Delta variant has spoiled those hopes! Fortunately, some suggestions for avoiding a “breakthrough infection” have emerged.

**Continue to wear your facemask** – indoors especially – and consider upgrading your mask. You get the most protection from a mask like N95 or KN95 – or consider double masking, by wearing a simple surgical mask under a cloth mask.

**Wash your hands!** We did so well for a while, but recently research shows we have been lax in our “hand hygiene.” It is important to wash hands for at least 20 seconds:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Monitor your own health.** If you develop symptoms of COVID-19 do not assume it is allergies or “just a cold!” GET TESTED.

- Symptoms of COVID-19 include fever, cough, or other symptoms.
- Check with your healthcare provider immediately, AND
- Get yourself tested!!

**Don’t hang up your mask yet!**

**Continue Social Distancing.** It is unlikely that OSURA members will be showing up in packed bars or concerts, but it is still wise to avoid crowded places!

We urge you to seek out the OSU online “Personal Safety Practices.” While they are written for the OSU campus community, they seem to be excellent advice for navigating our own communities. If you plan to go on campus you need to know that:

Students, faculty, staff, and visitors, are REQUIRED to wear masks indoors at all University facilities, regardless of their vaccination status.

If you are unvaccinated, you are also REQUIRED to wear masks outdoors also! Face shields are not acceptable!

**Get your booster shot!** It has been announced that after September 20, COVID booster shots will be made available to seniors! It has been more than 600 days since the pandemic began in March 2020. It seems that, for the most part, Ohio State Retirees have come through really quite well. We have missed our grandchildren and colleagues, but we have stayed well. However, it would be a mistake to not acknowledge the fact that some have been very ill, and others have lost family members, friends, and colleagues. To them we send our sincere condolences, and to all we send wishes for your diligence and patience until this pandemic is finally over.

*Stay safe and healthy!*
FROM: The President

Hello, All,

The best laid plans.

As you’ve seen the past few weeks, the situation with the Delta variant of COVID19 has been concerning. This caused much discussion among the Executive Board and OSURA committee members. Please hang in there with OSURA as we try to arrange enjoyable and safe events. This may mean a switch to Zoom-only options or even cancellations in the next few months.

Members will receive email updates from each committee as it reacts to current conditions, including any change in guidelines from the University, Centers for Disease Control, and the government.

The Association crafted its guidelines in early summer 2021, based on those resources. OSURA, also, will have to adapt as changes are announced. At this time OSURA asks that indoor event participants be fully vaccinated to protect their fellow members and guests. Masks will be required indoors and on transportation.

As we cope with another phase of the pandemic, I urge you to get vaccinated and to follow the advice of scientists, healthcare professionals, and public health leaders.

Stay well,

Gemma McLuckie
President of OSURA
Welcome New Retirees

Laura Kathleen Bolster  
James Cancer Hospital

Robert Douglas Boyle  
James Cancer Hospital

Larry Curtis Brown  
FAES

Patricia Ann Carter  
Brain and Spine Hospital

Aisha Ahmed Eltayeb  
University Hospital

Mark Edward Giese  
Natural Resources

Linda Diane Grissom  
Shared Services

Deborah Athy Guinan  
Communications

Judiann Stephanie Hounchell  
University Hospital

Sharon Lee Hunsley  
OSU Health Plan

Lisa M. Jinks  
OSU Extension

Stephanie L. Johnson  
University Hospital

Pamela June Metsker  
University Hospital

Gloria Ann Smith  
Medicine

Helenor M. Smith  
University Hospital

Kurt B. Stevenson  
Medicine

Thomas Hughes Terry  
University Hospital

Patrick Samuel Vaccaro  
Medicine

Christopher Mark Weghorst  
Public Health

FROM: The Benefits Committee

OPERS to Pay COLAs in 2022

By Beverly Maselli

We’ll continue to seek a 2-year freeze for the well-being of your pension fund from Michael Pramik, Ohio Public Employees Retirement System.

As most of you know, two years ago the OPERS board of trustees approved a plan to improve the long-term funding of your pension system, a goal that all well-run funds strive to achieve.

We’d like to let members know that while we still must seek the COLA freeze for the future well-being of our fund, the COLA freeze will not occur next year. The retirees will receive the COLA in 2022 under the same format as this year. All OPERS members will receive individual notifications of the calculations. We will continue to keep members informed throughout the process of management. Work with the legislature to approve a plan that will reduce our debt will continue. We will announce next year’s inflation-based COLA later this summer.

STRS News

By Jerry Newsom

The STRS Board did not meet in July, so it was much quieter than the month before. That should change at the August meeting, scheduled to be the first in-person meeting since the pandemic began. The “forensic investigation” of STRS sponsored by ORTA produced a long list of claims on how STRS could better manage its affairs. We need to hear the other side of the story, and a detailed rebuttal is expected when the Board next meets. Items of interest at Board meetings are nearly always completed in one day, but the August one may go over into a second day in a session that may become contentious. In my own reading of the ORTA report, I found two points that in my opinion were either incorrect or highly misleading, and I suspect STRS will disagree with much more. Board members increasingly have commented that they need to find some way to make at least some adjustment to pensions to account for inflation, but it has to be done within the confines of legislated mandates.
Calendar of Events

**COMMITTEE MEETINGS**

**September 7 – VIRTUAL**  
Benefits Committee  
*Time: 9:30 a.m.*

**September 14 – VIRTUAL**  
Board Meeting  
*Time: 9:30 a.m.*

**MONTHLY ACTIVITIES**

**September 9 (Thursday)**  
Photo Society  
*Program: Members’ Theme Presentations---Recent Best 8 Images.*  
*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 September 6.*  
*Cost: on your own*  
*Arranger: Nancy Verber (nwverber@gmail.com – Photographic Society SIG)*

**September 18 (Saturday)**  
Walking/Hiking Group  
*Challenge Level 2-4*  
*Time/Place: 11 a.m.*  
*Arranger: Hallan Noltimier (noltimier.2@osu.edu – Walking/Hiking SIG)*

**UPCOMING SPECIAL EVENTS**

**September 16 (Thursday)**  
Explore the Underground Railroad in Ripley, OH  
*Ripley and Georgetown, OH*  
*Challenge Level 2*  
*REGISTRATION REQUIRED*  
*We will have a guided tour at John Parker House and John Rankin House (ohiohistory.org/rankin) in Ripley, OH followed by a boxed lunch at the Rankin House then off to Georgetown, OH to see the childhood home and schoolhouse of Ulysses S. Grant.*  
*Meet by: 7 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)*  
*Return: approximately 6 p.m.*  
*Cost: $75; cost includes lunch, admissions, motor coach transportation, snacks, tips*  
*Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by September 10.*  
*Arrangers: Jessica Pritchard and Betty Hriesik (jpritch6@gmail.com – Travel Committee)*

**2021 OSURA Annual Fall Conference**  
*Wednesday, September 22*  
*REGISTRATION REQUIRED*  
*Time/Place: 8 a.m. – 3:15 p.m., Fawcett Event Center, 2400 Olentangy River Road*  
*Cost: $30 members – includes continental breakfast and lunch; $10 extra for optional tours*  
*Registration Deadline: September 15 – Register at osura.alumni.osu.edu, or call 614-292-2281 (1-800-762-5646).*  
*Parking: Free*  
*Arranger: Sally Dellinger (Conference Committee)*

**October 3 – 17**  
Exploring Greece and its Islands  
*Arranger: Alabelle Zghoul (azghoul4660@wowway.com – Travel Committee)*

**November 4 (Thursday)**  
Amish Adventures  
*Dennison, Sugarcreek and Millersburg, OH*  
*Challenge Level 2*  
*REGISTRATION REQUIRED*  
*We’ll have a guided tour of the Dennison Railroad Museum (dennisondepot.org), boxed lunch at the Dutch Valley Market (http://www.dutchvalleymarket.com) and visit the Guggisberg Cheese Factory (www.babyswiss.com).*  
*Meet by: 7 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)*  
*Return: approximately 5:30 p.m.*  
*Cost: $59; cost includes, museum admission, guided tour, lunch, motor coach transportation, snacks, tips*  
*Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by October 25.*  
*Arrangers: Cindy Giles and Alabelle Zghoul (cgileslab@aol.com – Travel 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. Your registration is not complete until payment is made, so have your credit card ready. Checks are no longer being accepted.

2. **Registrations NOT requiring payment:** Registrations will be made through the Arranger’s email provided in the description of the event.

**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.

**NEW**
This Annual Meeting with the membership was held virtually. A Pledge of Allegiance was led by Gemma McLuckie after the meeting was called to order. A Moment of Inspiration was conducted by Tom Sweeney for OSURA members who left us in this past year. After a greeting to all, the minutes from last year’s Annual Meeting were read and approved. The president cited the new strides for OSURA within this year—new committee on Racism and a new committee on Marketing. Having no unfinished business, there was an item of new business: proposed amendment changes in the OSURA bylaws. These proposals was unanimously approved. Meg Teaford announced the person awarded The OSURA Outstanding Service Award – Sally Dellinger, who graced us with a few of her words.

The outgoing members of the Board were congratulated: Treasurer, Ed Schlerhty; Members-at-large; Shirley Flowers, Gene Giiliom and Debra Zang and Historian, Tom Sweeney. After serving as Board Member for OSURA for 20 years, Tom gave us a short narrative of “How You, Too, Can Be a Historian”. The newly-elected leaders – Lynne Bonenberger, Karen Bruns and Evelyn Freeman as Members-at-Large; Nancy Ingold as Treasurer and Hal Noltimier as Vice-President/President-Elect. They were duly installed by the president. After the installation, two members were recognized in their continuing service to the Board: Michele Hobbs in her second year of her term as Secretary and Gemma McLuckie, who will begin her term as President of OSURA on July 1, 2021. The president thanked Gemma and the entire executive board for their services. Gemma was asked to say a few words.

The Keynote Speaker, Kevlin Haire, from the OSU Archives, presented fascinating stories of “Collectibles” that can be found within the walls of the Ohio State University Archives. The president thanks the OSU Alumni Association for their assistance in the performance of this virtual presentation. All were asked to join the OSU Marching Band and sing “Carmen Ohio” with words on the screen. A fit ending for an OSURA Annual Meeting.

### In Memoriam

- **John T. Baird**  
  December 25, 2020 | College of Agricultural Development Board, 83

- **Charles Corbato**  
  July 28 | Geology, 89

- **Robert Cottrell**  
  July 22 | Romance Language and Literature, 91

- **Clive Edwards**  
  July 20 | Entomology, 96

- **Robert L. Folk**  
  July 2 | OSUMC, 85

- **Garvin Gloss**  
  July 28 | Public Health, 93

- **Howard Harcha**  
  July 23 | OSU Advocacy Group, 94

- **W. Sue Hunter**  
  July 19 | Mathematics, 78

- **Norman Lammers**  
  July 19 | Engineering-Lima, 96

- **Donald Gary Loudermilk**  
  July 28 | OSUMC, 78

- **Linda Macik**  
  July 29 | OSUMC, 73

- **Julian Markels**  
  July 22 | English, 96

- **John Eric Morral**  
  December 21, 2020 | Materials Science and Engineering, 81

- **Shirley Beatrice Newell**  
  July 22 | Food Service, 82

- **Pamela Schopieray**  
  August 2 | OSU Mansfield, 58

- **Daryl Siedentop**  
  July 15 | Education, 82

- **Gary Snyder**  
  July 19 | Athletics, 77

- **Donald J. Tosi**  
  July 21 | Psychology, 80

- **Susan Warner**  
  June 28 | Editorial Assistant, 85

- **H. Douglas Windler**  
  December 25, 2020 | OSUMC, 75
Both Eva and Stephen Sebo were born in Budapest, Hungary; in fact, their parents knew each other. However, Eva and Stephen were not interested romantically then, due to their age difference. As they remembered, “Why would a boy of sixteen be interested in a girl of ten?”

The Sebos came to the USA from Hungary separately and ten years apart. Eva’s family (parents and two kids) left Hungary after the Hungarian Revolution in 1956. They stayed in Paris for a year with relatives and then moved to the USA, where they lived at various places along the East Coast. Eva finished her high school studies in Virginia, and continued her studies, undergraduate and graduate, at Columbia University in New York.

Stephen stayed in Hungary since he was only months away from graduation with the MSEE degree. First, he was a test engineer at a large electric utility company. In 1961 he became a faculty member at the Budapest Technical University and completed his PhD dissertation while he was working there. In 1966 the political atmosphere in Hungary went through a thaw. That made it possible for Stephen to accept a one-year-long Postdoctoral Fellowship offered by the Ford Foundation. His studies at Columbia University in New York began in 1967. It was at Columbia where Stephen met his soon-to-be wife, Eva. They married in 1968.

Later that year Stephen and Eva moved to Columbus and began careers at OSU. Stephen became a faculty member of Electrical Engineering. His teaching and research areas were electric power systems and high voltage engineering. In 1995, he was appointed to be the holder of the Neal A. Smith Professorship. Meanwhile Eva joined Sociology at OSU, where her specialty areas were sociology of urban life, and social trends and problems. Eva left OSU after five years, completed her doctorate, and then joined Otterbein University for a quarter of a century. She was Chairperson of Sociology for ten years, and a Faculty Trustee for three.

When Eva and Stephen came to Columbus, they were amazed at how quickly they were able to find and rent an apartment, buy a Columbus Symphony concert series (in the Veterans Auditorium), purchase a Great Artist series (in Mershon at OSU), and acquire their first car. This was an Oldsmobile Cutlass, fire-engine red. They kept it for twenty years and named it “Little Red Riding Hood” (which is only one word in Hungarian).

While living in their apartment, the Sebos began to develop ambitious gardening skills. They started with thirty cucumber seeds and thirty small cherry tomato plants. They had problems during the growing season what to do with the crop. Their neighbors were first flooded, then saturated with cukes (very big ones) and cherry tomatoes. They developed a recipe called “stuffed cucumbers.” (Readers, please contact them if you want a step-by-step recipe).

Stephen and Eva retired in 2003. Eva’s retirement was genuine but as Eva observed, seeing Stephen’s activities, “engineers are not able to retire.” She was correct – Stephen continued his teaching, research and service activities for twelve more years. All in all, Stephen worked for OSU for forty-seven years, including the years after his retirement.

Traveling has always been enjoyable for the Sebos, and retirement made time available for them to join group travel. They also spent time on mini vacations in Ohio and in adjacent states. Additionally, they traveled to Alaska, Central and South America, Egypt, Tunisia, Japan, and various countries in Europe. The most fascinating trips for Eva and Stephen were to Egypt, India, China, Japan, and Peru. It was in Peru, when the bus, taking them back to the hotel after spending two days at Machu Picchu, stopped to pick up a Quechua man, maybe 90 years old. As soon as he was on the bus, he began to advertise his merchandise. How? He opened his laptop and showed images of the goodies there. One could buy everything at the next stop, from roadside vendors. This was impressive, and funny as well.

Eva and Stephen have had many interests. They always had fun when they went to football and basketball games, when they attended the OSU Marching Band skull sessions and gymnastic team programs. Eva has been active with the University Women’s Club. In fact, when she was a vice president of the OSU Women’s Club, she invited speakers to the monthly presentations. Several of her invitees were OSURA members, and all of them gave excellent, very well-received lectures.

In the past, Stephen and Eva gardened, did home repair, and hiked, biked, and did swimming, rowing and kayaking. In the “still active” group are reading, cooking, folk art, classical music, armchair travel and walking. New interests are attending zoom meetings, watching/listening to concerts, operas and other shows, and preparing short video programs for OSURA, and for groups of former colleagues.

Being OSURA members for almost 20 years, Stephen and Eva enjoyed many interesting and thought-provoking programs, such as the Fall Conferences, lunch and dinner meetings followed by lectures in MCL or the Faculty Club. They took part in several field trips (mostly within Ohio), special programs at OSU (for example, wonderful experiences in the Main Library, the Archives, and the Department of Astronomy), annual tax seminars, programs in the Ohio Theater and the Riffe Center. OSURA is truly useful and enjoyable for Eva and Stephen, for several reasons. All activities offered by OSURA, either real-time
HELP WANTED: The current pandemic has once again focused attention on labor shortages in many industries including health care. Two recent articles in the June 2021 Gerontologist highlight the problems of having sufficient health care professionals to care for an aging population.

Back in 2008, the Institute of Medicine issued a report highlighting the need for additional personnel to care for the growing older population. The report found that most family care physicians lacked significant training in geriatrics and did not feel that they had the background to treat older patients. Likewise, most graduates in other specialties had no requirements for education in geriatrics. Researchers at Michigan State reviewed those recommendations and found that the projected numbers of geriatric healthcare providers are inadequate for 2030. The research shows that we still have a way to go in providing patient-centered care and removing barriers to interdisciplinary teams.

The pandemic also showed the need for an increase in the quality and quantity of home health aides. This is a field in which there are often labor shortages and high turnover. Researchers in Denver looked at job satisfaction and intention to leave their present job among 512 home health aides. They found, not surprisingly, that those who are given greater autonomy on the job and have greater support from supervisors are more likely to stay. The authors call for higher wages and better training of the home health aides and their supervisors.

OSURA is Travelling Again!

On August 19 OSURA members bussed to Marietta, Ohio's oldest city. They toured The Ohio Museum, enjoyed a box lunch, rode a river boat down the Ohio River, and got a guided tour of beautiful Marietta.

It was good to be on the road again!

Interested in OSURA travel? Check out the special session at the Fall Conference September 22.

or virtual, are valuable. To get acquainted with various topics and issues, current and new, is an important feature. Last, but not least, members can easily keep in touch with one another.

About 10 years ago they began to think about an eventual move to a retirement community. The search and the downsizing took a lot of time. They moved to Ohio Living Westminster-Thurber (OLWT) in early 2016, leaving their beloved home of 37 years. They are happy with their new life and friends in OLWT, and they also like their new apartment very much.

Since Eva and Stephen live in OLWT, they are bound by the COVID related rules there. These rules are easy to observe: wearing masks, keeping a physical distance, washing hands frequently and thoroughly, limiting visitations and travel, and going through a quarantine at home in some cases. Fortunately, observing these rules was sufficient for Eva and Stephen to avoid COVID. Since they are in the category of “lucky old folks,” they got the two-step vaccines earlier in 2021.

They hope that the vaccine will allow us to get together and continue the activities we had before the pandemic.
OSURA Fall Conference
September 22, 2021 | Fawcett Event Center

What? You haven’t registered yet?
There’s still time....deadline Wednesday, September 15.

- When you do register, you will have several choices to make:
  - What sessions you’ll attend (there are 12-plus)
  - What box lunch you’ll select (there are two-plus)

- Want a $10 tour? There are three being offered:
  - Billy Ireland Cartoon Library & Museum
  - Waterman Agricultural and Natural Resources Laboratory
  - The new WOSU building

Parking permits will be provided.

Since we are using a University facility, everyone (no matter their vaccination status) will be required to wear a mask indoors. Masks will also be required outdoors if the person is unvaccinated.

We’re looking forward to seeing you (at least your eyes) on September 22. There will be nametags for everyone to wear so no one will be totally unrecognizable. SEE YOU THERE.