

# OSURA News



THE OHIO STATE UNIVERSITY

September 2023

2200 Olentangy River Road, Columbus, OH 43210 | P.O. Box 14533, Columbus, OH 43214  
614-292-2281 • 1-800-762-5646 • osura@osu.edu • osura.osu.edu

## Everything but Wine

By Nancy Wardwell

**By now you surely know that the 26th Annual OSURA Fall Conference is coming up September 20 at the Fawcett Center.** Registration has begun and the hard-working conference committee is thrilled with the great early response.

The first conferences were lunchtime get-togethers that caught members up on changes in their STRS and OPERS pensions. The early, longer conferences were called

Coping with Change. Along the line it occurred to someone that the title wasn't particularly positive – and the OSURA Fall Conference seems to be working very well.

This year the program is jam-packed with interesting, entertaining, and informative sessions, and maybe the best part is being with friends, new and old! The Newsletter intended to honor the 2023 conference with a clever discussion of comparisons of seminars, conferences, workshops, and symposiums. That's where time, change and my '50s Liberal Arts education collided head-on with more recent research on Ancient Greek culture!



The idea of a gathering where people came prepared to discuss a specific topic is appealing. There would be good food, wine, and a skilled leader (called a Symposiarch) to keep the discussion on topic – and serve the wine. He controlled the temper of the session by adding water to the wine when the discussion became too heated – and served pure wine if the conversation lagged.



Then I did a bit of research of more contemporary literature – and find that those Symposia were really about the wine – they were drinking parties for select men only, and the women who were in attendance did more than play the flute and harp!

We won't even offer wine on the 20th – but we will experience well-

prepared speakers presenting timely topics, have delicious box lunches, and a choice of excellent tours.

I'll bring the grapes!

**Register by September 13 on-line or by calling 614-292-2281.**

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# FROM: The President



Sally Dellinger

Thinking about this month's letter to you, and what comes to mind immediately is one of the most important OSURA events of the year! Do you need to ask? Ok, I'll give you some clues.

What is held every September?

What draws a crowd of over 100 attendees?

Where do you meet up with old friends and make new connections?

Where do you hear outstanding presentations given by outstanding speakers?

What provides you with information and materials from many community resources?

YES, you got it! .... **THE ANNUAL OSURA FALL CONFERENCE!**

I bet you didn't know that this year's conference will be our 26th. Do you believe we have been doing this for that long?

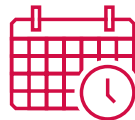
## HERE ARE JUST A FEW NUMBERS TO CONSIDER OVER THOSE 26 YEARS:



**5200**  
Number of attendees



**365**  
Number of breakout sessions



**572**  
Number of planning hours by the conference committee



**400**  
Number of speakers

This year, the conference is to be held on **Wednesday, September 20** at the Fawcett Event Center. As in the past, the committee has always had you in mind. The committee looks at suggestions from former attendees and is committed to providing you with a program that engages you in a variety of ways. In their planning they evaluate and address health needs, University news and developments, cultural trends, and retirement issues.

Join us this year so we can add to the numbers in all categories.

## Welcome New Retirees

### Anthony Thomas Basil

Office of Distance Education  
and eLearning

### Diane Preston Beall

Legal Affairs

### Edward J. Behrman

Chemistry and Biochemistry  
Administration

### William Fred Bennett

Radiology

### Scott Robert Boden

Student Life

### Robert Thomas Boyd

School Biomedical Sciences Neuroscience

### Gregory Lee Brenneman

OSU Extension

### Peter Gordon Carswell

ACCAD

### John B. Casterline

Sociology

### Jian Chen

Pathology

### Steven Joseph Cihon

Student Life

### Ann Daugherty

Fawcett Administration

### Douglas Doohan

Horticulture and Crop Science

### Le Roy Alexander Duncan

Horticulture and Crop Science

### Kim Diana Ebright

Ross Heart Hospital

### John Yarnell Elliott

Horticulture and Crop Science

### Genevra L. Finnell

Physics Administration

### Jodi Ruth Geiger

University Hospital

### Rebecca Barnhart George

University Hospital

### Jay A. Gerken

SNAP-Ed Northwest Region

### Michelle A. Grindley

Medicine

### Jill Ann Hannah

Human Resource Administration

### David John Heilman

FAES-Wooster Campus

### Mary Anna Howard

Administration

### Donald Ray Hules

Office of Technology and  
Digital Innovation

### Pravin P. Kaumaya

Obstetrics and Gynecology

### Sandra Marie Kerka

Outreach and Engagement

### Stanley Alan Lemeshow

Public Health

### Mary Elizabeth Lively

University Hospital

### Mary Vetter Maroudis

### Gerald Lynn Martin

Office of Technology and  
Digital Innovation

### John Michael McGregor

Neurological Surgery

### Mary Angela Miller

Health and Rehabilitation Sciences

### Jared B. Musselman

Health System – Shared Services

### Richard Douglas Myser

Engineering

### John Willard Orwig

University Registrar

### Denise E. Peterson

Pathology

### Robert M. Polser

Lima Campus Facilities

### Gregory Lynn Sautter

FAES – ATI

### Richard A. Schnelle

Graduate School

### Linda L. Shisler

Ohio Supercomputer Center

### Sara Lou Shriner

Office of Technology and Digital  
Innovation

### Treva M. Washington

Undergraduate Admissions

### Patricia Jane Walters

Medicine

### Mary E. Weekly

Dentistry-Community Education

### Patricia Ann Neel Wilson

University Hospital

### Paul Joseph Wulf

Health System – Specialty Care Network

### Larry Stanford Zukerman

Office of Technology and Digital  
Innovation

One  
last  
time!

 **2023**  
**FALL**

**Wednesday,**  
**September 20, 2023**

**If you haven't registered yet, there's still time...  
Deadline is Wednesday, September 13.**

**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:**

- The Controlled Environment Agriculture Research Complex
- Timashev Family Music Center
- Quarry Trails

Parking permits will be provided. We're looking forward to seeing you September 20.

# Calendar of Events

## COMMITTEE MEETINGS

### September 5 (Tuesday) Benefits Committee

**Time/Place:** 9:15 a.m.,  
Longaberger Alumni House

### September 12 (Tuesday) Board Meeting

**Time/Place:** 9:30 a.m.,  
Longaberger Alumni House

### September 27 (Wednesday) Membership Meeting

**Time/Place:** 10 a.m.,  
Longaberger Alumni House

## MONTHLY ACTIVITIES

### September 14 (Thursday) Photo Society

**Program:** Member Presentations –  
8 Best Images

New members and guests are welcome and the Society is open to all faculty, staff & friends as well as members of the OSU Retirees Association. Potential members are invited to join us and show their theme photos this month.

**Time/Place:** 6 p.m. dinner; 7 p.m. program;  
OSU Faculty Club.

**Cost:** on your own  
**Arranger:** Nancy Verber (nwverber@gmail.com – Photographic Society SIG)

### September 16 (Saturday) Walking/Hiking Group – Pickerington Ponds

**Challenge Level 2-4**

Join us for a 2-4-mile easy hike. We will meet at the Wood Duck Picnic Area Parking on Bowen Rd in Pickerington. There will be time for some extra socializing and refueling afterwards at a nearby restaurant. Questions? Contact Sandy Bell via email at sib9716@outlook.com or via cell/text at 740-833-6374.

**Time/Place:** 11 a.m. Wood Duck Picnic Parking Area on Bowen Rd.  
**Arranger:** Sandy Bell (sib9716@outlook.com / cell 740-833-6374 – Walking/Hiking SIG)

### September 28 (Thursday) Dinner Series

Herb Asher will be speaking on the political situation and the upcoming elections.

**Time/Place:** 5:15 p.m. reception, 6 p.m. dinner, 7 p.m. lecture; OSU Faculty Club  
**Cost:** \$35 (service charge included)  
**Registration Deadline:** Register at osura.osu.edu or call 614-292-2281 by September 25.

**Arranger:** Carol Newcomb (newcomb.28@osu.edu – Dinner Series SIG)

### Book Club

The OSURA Book Club's virtual theater reopens for the year, and you are invited to attend the play about *The Nazi Conspiracy: The Secret Plot to Kill Roosevelt, Churchill, and Stalin* by Brad Meltzer and Josh Mensch. Join us, and perhaps tremble at the thought of 3 leaders, 1 Nazi plot, and the attempt to assassinate all 3 at once – a mind-blowing plot that, had it succeeded in killing even 1 leader, could have changed the trajectory of history!

**Contact:** Lee Hill (hill.30@osu.edu – Book Club SIG)

## SPECIAL EVENTS

### September 20 (Wednesday) 2023 OSURA Annual Fall Conference

REGISTRATION REQUIRED

**Time/Place:** 8 a.m. – 3:15 p.m.,  
Fawcett Event Center, 2400  
Olentangy River Road  
**Cost:** \$35 members – includes  
continental breakfast and lunch;  
\$10 extra for optional tours  
**Registration Deadline:** September  
13 – Register at osura.alumni.osu.  
edu, or call 614-292-2281  
(1-800-762-5646).  
**Parking:** Free  
**Arranger:** Sally Dellinger  
(Conference Committee)

## Registration Instructions

- 1. Registrations requiring payment:**  
Registrations can be made by going on-line to [osura.osu.edu](https://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.

### September 26 (Tuesday) Cooking Demonstration and Tasting

REGISTRATION REQUIRED

Join OSU Extension Educator and Registered Dietitian Jenny Lobb to learn what is in season in the fall and various ways to use a selection of fall produce items. Recipes will be shared and a cooking demonstration and tasting will be included in this class.

**Time/Place:** 1 p.m., Kunz-Brundige Franklin County Extension Building, 2548 Carmack Road. Enter Waterman Farms from Kenny Road, enter first building on the left. Parking is free.  
**Cost:** No cost  
**Registration Deadline:** Register at [go.osu.edu/OSURAFall2023](https://go.osu.edu/OSURAFall2023) or email OSURA.membership@gmail.com by September 22.  
**Arranger:** Sandy Bell (sib9716@outlook.com)

Here is a link to our events:

<https://osura.alumni.osu.edu/events/>



# Upcoming Events

## October 13 (Friday) BalletMet – On Stage

NEW

Challenge Level 2

### REGISTRATION REQUIRED

The music of Sinatra, a sneaker ballet, and daring athleticism come together in *On Stage*. Twyla Tharp's *Nine Sinatra Songs*, Justin Peck's *The Times are Racing*, and Ulysses Dove's masterpiece *Vespers* unite for a performance of American choreographic innovation.

**Time/Place:** Box office opens at 9:30 a.m. Seating is general, so plan to arrive early for best seats. Performance begins at 11 a.m., Ohio Theatre, 39 E. State St.

**Cost:** \$25.00 (admission ticket)

**Registration/Refund Deadline:** Register by calling 614-292-2281 by October 5. Credit card preferred. Tickets will be held at Will Call.

**Arranger:** Marilyn Blackwell (blackwell.4@osu.edu – Cultural Arts Committee)

## October 26 (Thursday) Tour of the Museum of Biological Diversity

NEW

Challenge Level 1

### REGISTRATION REQUIRED

Do you want to know what happens to our wild creatures? Come and visit a most interesting, educational and internationally recognized museum right here on The Ohio State University campus. The curators of the Herbarium, Acarology, Entomology, Tetrapods, Mollusks and Fishes will guide us through these extensive and diverse collections. The tour will last somewhat over an hour. Lunch following at a nearby restaurant.

**Meet by:** 10 a.m., at 1315 Kinnear Rd, on the OSU Campus

**Return:** approximately 11:30 a.m.

**Cost:** No cost

**Registration Deadline:** Register at constanceoulanoff@gmail.com – (Indicate if you are planning on attending lunch) by October 23.

**Arranger:** Constance Oulanoff (constanceoulanoff@gmail.com –Travel/ Cultural Arts Committee)

## December 8 (Friday) La Comedia Dinner Theater – *Miracle on 34th Street: The Musical*

NEW

765 West Central – Springboro, OH  
Challenge Level 2

### REGISTRATION REQUIRED

The story of the real Santa Claus, *Miracle on 34th Street* is one of the most beloved holiday films of all time, and one of the most popular shows ever produced. This touching musical version of the classic holiday film proves that miracles do happen and is sure to fill both the young and the young at heart with the Christmas spirit (www.lacomedia.com)

**Meet by:** 8:30 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)

**Return:** approximately 5 p.m.

**Cost:** \$90.50; cost includes buffet lunch, the show admission, motor coach transportation, snacks, tips.

**Registration/Refund Deadline:** Register at osura.osu.edu or call 614-292-2281 by November 6.

**Arrangers:** Jessica Pritchard and Alabelle Zghoul (alabelle.zghoul@gmail.com – Travel Committee)

## Walking/Hiking Group for remaining months of 2023:

- **September 16 (Saturday) at 10 am:** Pickerington Ponds Metro Park, Wood Duck Picnic Area Parking on Bowen Rd. in Pickerington. 2–4-mile easy hike with time for some extra socializing and refueling afterwards at a nearby restaurant.
- **October 16 (Monday) at 1 pm:** Walnut Woods Metro Park, Buckeye Area, 6716 Lithopolis Rd, Groveport. This will be an easy/flat, pet-friendly walk of 2-6 miles depending on how much everyone wants to do. There will be an opportunity to sit down, relax and take in a local restaurant afterwards.
- **November 27 (Monday) at 1 pm:** Deer Haven Delaware Preservation Park, 4183 Liberty Rd, Delaware. 2-3-mile easy hike. Most of the park is pet friendly, but there is a 1-mile trail that does not allow pets. I will gladly stay with pets for all who want to explore this trail. And of course there will be extra socializing somewhere afterwards.
- **December 30 (Saturday):** Where would you like to go? Bring some ideas to one of the previous hikes of your favorite places to walk or someplace you would like to explore.

## In Memoriam

**Susan Au Arnold**

July 24 | Public Safety, 76

**Don Patrick Bowermaster**

July 16 | Dentistry, 81

**Robert Louis Davis**

July 3 | Electro Science Lab Graphic Designer, 93

**Phyllis J. DeMuth**

July 11 | Administrative Assistant, 95

**Joseph Flood**

July 13 | Medicine, 70

**Mary Patricia Helbig**

July 12 | Development Office, 73

**Marilyn Jane Huheey**

July 7 | Ophthalmology, 87

**John Richard Hunt III**

July 2 | OSUMC, 67

**Sylvia Junkins**

July 8 | 87

**Joanne R. Kemmerer**

July 9 | Executive Secretary, 85

**Evelyn Moser**

July 20 | OSU Extension, 99

**Linda D. Phillips**

July 15 | Athletics, 85

**Barbara J. Rich**

Director of Diversity and Inclusion and OSURA, 73

**Charles Frank Sailor**

July 14 | Chief Info Office, 77

**Larry Sparks**

July 22 | Athletics, 77

**Marian K. Steinbaugh**

July 1 | OSU Extension, 94

**Chester Duane Stratton**

July 20 | Athletics, 89

**Bruce Eric Wright**

August 6 | Facility Services, 74

*From our friends at Westminster-Thurber...*



## Interested in Learning Something New?

# OWLS Announces Its 2023 Season of Courses

**OWLS (Older, Wiser, Lifelong Scholars)** is accepting enrollment for its 28th season of diverse and unique 2-day and 1-day courses for seniors who want to learn new things and make new friends. Supported by Ohio Living Westminster-Thurber, these 8 courses will take place during the month of October in the new Heritage Pointe building at 655 Neil Ave. Tuition for a 2-Day course is \$30.00 per course, and for a 1-day is \$15.00. Optional lunch (\$16.00) and snacks are also offered.

This year's courses, taught by regional and national experts in their fields, involve sessions on Artificial

Intelligence (AI), Climate Change, Poetry, Appalachian Folk Traditions, Cybersecurity, "What Makes a Hero," and Names, Image, and Likeness in Sports. The season will kick off with a concert on September 27 of Appalachian folk music, by the Paul Brown Appalachian Folk Group.

The courses are engaging and fun, so consider taking one or more courses this October and becoming an OWLS! For more information on the courses, dates, faculty, and registration forms go to: [www.owls.coursetorm.com](http://www.owls.coursetorm.com) OR call (614) 579-2557.

## FROM BENEFITS COMMITTEE | ELDER CARE 2023

### Alzheimer's Drugs

By Meg Teaford

Alzheimer's disease has been in the news quite a bit recently with the International Conference held this July. In addition, the FDA has approved the use of a new drug called lecanemab to help those with mild cognitive impairment. Another similar drug called donanemab has also been in the news. So, I think I'd look into these drugs and see what promise they have for the treatment of Alzheimer's.

**BACKGROUND:** With Alzheimer's disease, there are two kinds of nerve damage in the brain which appear to be related. There are protein deposits called beta-amyloid plaques that build up in the brain and these cause nerves to form tangles. The protein deposits appear to be caused by a blood protein called ApoE which is used by the body to remove cholesterol from the blood.

In 2021, the FDA approved Aduhelm, an antibody engineered to stick to the amyloid molecules that form

plaque. The body's immune system attacks these molecules and removes them. This is supposed to stop cells from dying and stop deterioration of function. So, it will slow the progression of the disease, but not reverse it. This drug is to be used in patients in the earliest stages of Alzheimer's. It is infused intravenously every 4 weeks.

Although there was great excitement when this drug was announced, it has not been widely used. This may be because it has to be given to patients in early stages of the disease, often before there has been a diagnosis. And in addition, 30% of patients had reversible swelling of the brain and another 10% had minor blood bleeds.

**RECENT NEWS:** In July, the FDA announced that it has approved the use of lecanemab, another drug that will target the amyloid protein. Clinical trials have shown that it can slow the disease progression. The second drug,

donaemab, has not yet been approved, but clinical tests show it works in the same way. Results of clinical trials showed that all 1,736 patients who had mild cognitive impairment had decline over 18 months. But those who took donanemab had a four-month delay in decline and those with a low level of the tau protein had a delay of 8 months. They were also less likely to progress from mild cognitive impairment to mild dementia. Again, however, more than 1/3 had brain swelling or bleeds.

Dr. Doug Scharre, of OSU's Neurological Institute, calls these two drugs "big news" because they may alter the course of the disease. So far, the results have been modest, but they may improve quality of life and postpone decline. Right now, the drugs cost about \$26,500 a year with Medicare picking up 80% of the cost. The patient pays about \$5,000 a year as a co-pay.

## FROM: The Benefits Committee

### STRS Report

By Jerry Newsom

With nearly \$90 billion in assets, STRS devotes much effort to maximizing the return on investments. The largest part of the investments is in stocks (domestic and international), followed by alternatives, real estate, and fixed income (e.g., bonds). Alternative investments have been the most controversial. Examples include an investment firm buying a private company they believe has a great opportunity for future growth. Perhaps the company has been struggling but might prosper with new management. (Tactics employed by the new management may be unsavory but the law prevents STRS from considering that; maximizing investment returns is the sole criterion.) Hopefully the company thrives and is sold for a nice profit years later. It's very different from investing in stocks and bonds. The firms managing private equity charge much higher fees which they want to keep secret, but historically the net returns have been much higher too, so pension funds have paid the higher fees. Another difference is deciding the market value of alternatives; it's not like the stock market, where the current price of each share of common stock is widely publicized. Appraising the value of a private company takes time; whereas stocks are valued instantly, alternatives typically are reported with a delay of three months. One could be tempted to appraise an alternative investment too high to make the returns

look better, but when the company is eventually sold, unrealistic appraisals would become obvious and future appraisals by that company would lose credibility. The after-fee returns on alternative investments have generally been much better than other investments, so public pension funds have been flocking to alternatives. The \$9 trillion they invested in alternatives in 2012 has grown to more than \$25 trillion now. But there are only so many undervalued companies waiting to be bought, so the market for great opportunities is saturating. As a result, in the last fiscal year alternatives on average across the country lost money, the first time that has happened since 2010. The high fees charged for alternatives have been a target for protestors at STRS, but the Securities and Exchange Commission, at the urging of STRS and other pension funds, recently proposed making the fees much more transparent, which should lead to greater competition and lower costs. Not surprisingly, managers of alternative investments are strongly opposing increased transparency. We'll see who wins this one.

### STRS Fact

About **75%** of STRS pensions are paid by **investment returns**, with the rest mostly from **employer and employee contributions**.

## Community Garden

Have you enjoyed the OSURA Cooking Demonstrations held at the OSU Waterman Farms? Here is another opportunity to learn more about how to use produce from your own garden or your local farmer's market. And you can attend in-person or virtually.

The Ross Heart Hospital has sponsored a community garden, which is managed by Franklin County Master Gardener Volunteers. This collaborative effort between Ross Heart Hospital and OSU Extension

provides regularly-scheduled **FREE** on-site and virtual cooking demonstrations on healthy eating and gardening to help improve the overall wellness of patients with heart and vascular conditions.

Cooking demonstrations are held on Wednesdays beginning at 6 pm at the Franklin County Extension Office at 2548 Carmack Rd and are available to anyone seeking to gain knowledge about heart-healthy eating and gardening.

At the conclusion of each cooking demonstration, **free produce** from the adjacent Ross Heart Community Garden will be available.

Class dates and registration available at: [go.osu.edu/rosscommunitygarden](http://go.osu.edu/rosscommunitygarden).



**The Ohio State University Retirees Assn.  
Customer Service**  
Longaberger Alumni House  
2200 Olentangy River Road  
Columbus, Ohio 43210

## Bored? Looking for something new to do?

**The OSURA Book Club can help!**

- ✓ No dues!
- ✓ No money for books? Ours are all available through the library!
- ✓ No book reports! (Thank goodness!)
- ✓ Probably won't always finish the book? No worries!
- ✓ Can't host a meeting? All Zoomed out? Have a busy schedule? That's OK!

We meet exclusively via email, and you can participate as much or as little as you like! So, no more excuses! Join us today!

### Questions?

Contact Lee Hill,  
SIG Leader, at  
[rmhlmh@att.net](mailto:rmhlmh@att.net)

