Speaking to a packed auditorium, Tim Kight, founder and president of Focus 3 and leadership coach with Urban Meyer and the OSU Buckeyes National Championship Football Team, asked “Why do some people perform at top level and others don’t?”

Everyone has talent but talent isn’t enough. It is what you do with it that matters. Often our emphasis is on talent and not enough on hard work – the toughness – the uncomfortable that needs to be done. It is a systematic long journey of hard work. It is also all about alignment, trust, and commitment.

Leaders create culture and culture drives behavior. It is behavior that produces results. The “R Factor” is the one thing that makes a difference. A formula for success is E + R = O (Event plus Response equals Outcome). Tim described a theory of complete ownership of your own 20 square feet of space (life). Before you can lead others you must lead yourself. Leadership is influence based on trust you have earned – how you behave and interact with others. He described behavior that is above the line and that which falls below the line.

Tim’s talk was interspersed with anecdotes, and one appreciated especially by the audience was his description of attitudes that we could do without – (B, C, D) Blame, Complain, Defend. The overarching message he shared with us was to take control of our own lives, build positive attitudes, and let our responses to events be above the line. Don’t retire – REVISION!

Keynote: A Motivational Message for You

Speaker: Tim Kight, President, Focus 3

By Diane Selby

Tim Kight, President, Focus 3
FROM: The President

Dear Colleagues and Friends in OSURA,

As a little kid, I always longed to see a display of aurora borealis, the northern lights. I spent the summer of 1956 at a dark site, far from city light, and one clear moonless night I took my little telescope out to study Mars (which was particularly close to Earth that summer). There was a glow in the north which hadn’t been there before and I realized it was northern lights. It just sat there, not doing anything, a major disappointment. After an hour looking through the telescope, I looked up again to see an incredible sight: diffuse glows were sweeping rapidly across the sky, as if the heavens were on fire! I was stunned. It was a sight I’ll never forget.

Astronomy can provide other spectacles. High on the list is a total eclipse of the sun, a sight that no photograph has realistically captured. In July 1972, members of the Astronomy Department at OSU traveled to see the total solar eclipse in the Canadian Maritime Provinces, and after Kodak had returned all our slides of the event we gathered to see each other’s photos. The slide I remember most was taken by a graduate student, all black except for many pairs of bright dots. The student explained that during the few minutes the eclipse was total, he glanced at the nearby highway to see cars driving down the road with headlights on. Some people had traveled from other continents to experience the eclipse, and these drivers hadn’t even stopped to look. It was inconceivable.

Sometimes tragic circumstances cause a person to become comatose, with indications of brain death. The family often has the difficult decision of whether to pull the plug, but first one has to be sure the patient really is brain dead. Here is my test. Put the person in a car and send them down the road when a solar eclipse becomes total. If the person simply turns on the headlights and keeps driving, the case is clinched: brain dead. If when nature puts on one of her grandest spectacles and all you have to do is stop and look, what’s the purpose of living if you can’t appreciate it?

Note: the first total eclipse of the sun visible from the contiguous United States since 1979 occurs on August 21, 2017, crossing Tennessee and southern Kentucky. Keep the date in mind.

Gerald H. Newsom
President, OSURA Executive Board
FOR THOSE INTERESTED IN
CONTINUED ACCESS TO
OSU Wexner Medical Center

Please Note: Open enrollment for selecting your new plan runs from October 15 – December 7, and your new Medicare Advantage coverage will begin January 1, 2016. OPERS is working with OneExchange to help explain these changes, answer questions and transition members.

To ensure continued access to The Ohio State University Wexner Medical Center and The James Cancer Hospital and Solove Research Institute, OPERS retirees with Humana Medicare Advantage coverage will need to enroll with a different Medicare Advantage plan that is in network with the Medical Center and The James. The Wexner Medical Center and The James are participating on the following plans:

- Aetna Medicare (SM) Plan (PPO)
- MedMutual Advantage Classic (HMO)
- MedMutual Advantage Choice (HMO)
- MedMutual Advantage Select (PPO)
- MedMutual Advantage Preferred (PPO)
- MedMutual Advantage Premium (PPO)

Learn more and download a free checklist with questions to ask when selecting your Medicare Advantage plan for 2016 to gain more information about the plans we participate in—and updates to these plans.


Welcome New Retirees

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<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
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<tr>
<td>Thomas J. Borgerding</td>
<td>WOSU</td>
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<td>Elizabeth G. Cook</td>
<td>Institutional Communications</td>
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<td>Sharon W. Cropper</td>
<td>Extension</td>
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<td>Nancy J. Davis</td>
<td>Health Sciences</td>
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<td>Jeffrey J. Ellison</td>
<td>Wexner Medical Center</td>
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<td>Christina G. Gibson</td>
<td>University Hospital East</td>
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<td>David L. Haury</td>
<td>Education and Human Ecology</td>
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<td>Robert A. Hessenauner</td>
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<td>Michael S. Hiatt</td>
<td>Office of the Chief Information Officer</td>
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<td>Jack W. Horton</td>
<td>University Airport</td>
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<td>Reneta K. Jones</td>
<td>James Cancer Hospital and Solove Research Institute</td>
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<td>Karin E. Lanius</td>
<td>Marion Campus</td>
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<td>Steven M. Lawton</td>
<td>Chemistry and Biochemistry</td>
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<td>Christine H. Marcum</td>
<td>Law</td>
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<td>Lee J. McEwan</td>
<td>Mansfield Campus</td>
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<td>Charles Rager</td>
<td>Marion Campus</td>
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<tr>
<td>Elisabeth A. Roberson</td>
<td>Arts and Sciences</td>
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<td>Christine E. Saunders</td>
<td>Wexner Medical Center</td>
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<td>James T. Smith</td>
<td>Facilities Operations and Development</td>
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<td>G. R. Walden</td>
<td>Universities Libraries</td>
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<td>David R. Williams</td>
<td>Newark Campus</td>
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<td>Sheng-Tao J. Yu</td>
<td>Mechanical and Aerospace Engineering</td>
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At the Annual Meeting, Hal Noltimier presented Howard Gauthier with the well-deserved 2015 OSURA Outstanding Service Award

Lucy Caswell with the original cartoon showing the “art” of gerrymandering
Frozen in Time: Images of the Turbulent 60s at OSU

Speaker: Bill Shkurti, former OSU Vice-President for Finance

By Rai Goerler

Before he served as OSU’s Vice-President for Finance over more than 20 years, Bill Shkurti was an undergraduate at OSU during the 1960’s. His presentation drew upon both personal experience and extensive research, especially in the student newspaper, The Lantern, which is available online. (See http://digital.olivesoftware.com/Olive/APA/Ohio/#panel=home). This turbulent and even traumatic decade began nonviolently but ended with the dramatic spring of 1970, which led to the closure and military occupation of the University, a period that some have referred to as the darkest years of its history. Issues that sparked first controversy and then conflict included civil rights and the treatment of minorities, free speech, challenges to regulating student life (especially women), classes so overcrowded that students could not register and finally the war in Viet Nam.

Mr. Shkurti showed photographs of the time and discussed the issues that they illustrated. All of these photographs and an extensive narrative will appear next year in September of 2016, when OSU Press will publish his book, tentatively titled OSU in the 1960’s: The Unraveling of the Old Order. Look for it at local bookstores, including Barnes and Noble and other outlets.

WABI: A New Fitness Program for Seniors

Speakers: Shanon Paglieri, MSPT, CAFS and Jodie Fortine, HHC, UZIT, Upper Arlington Senior Center

By Donna Cavell

Fueled by the desire to help individuals leverage the power of neuroplasticity, Shanon Paglieri and Jodie Fortine joined forces combining research, education, knowledge and life experience to create the Wabi Movement Program. This innovative program uses gentle, mindful movement patterns that are designed to activate the communication network between your body and your brain to improve balance, memory, mobility, focus, energy and mood. Wabi uses very gentle movements, but when applied they are very powerful.

Wabi comes from the word wabi-sabi – it is a philosophy and a way of living that finds the beauty in the imperfections of life.

Shanon and Jodie’s fun and dynamic session focused on the benefits of Wabi. This movement and brain science program has proven you can improve your brain’s performance at any age and any time based on the input it receives. We gained new information on the type of input your brain needs. With Wabi you MOVE your body towards better body-brain health and optimal living. Wabi trains the nervous system, the body and the brain, at the same time harnessing the power of neuroplasticity.

The group did an exercise, which showed that “the glitch is in the switch.” With our elbows at our side, we made fists, and at the same time pointed our left-hand index finger and a thumb up on our right hand. Then we were to switch and continue doing so going back and forth. Not an easy task to do, but with repetition and practice it will become easy. We are accustomed to accessing our dominant side. Wabi uses whole body movements so we access the less dominant side and engage and activate that less automatic response.

Shanon and Jodie quoted these seven words – “the brain thrives when the body moves.” Sitting is the new smoking! We grow old because we stop playing. Experience the difference Wabi can make in your life. You have the power!

For more information go to www.DoYouWabi.com. Wabi classes are offered through the Upper Arlington Senior Center.
Dr. Devor gave an energetic presentation about what he called the nation’s #1 health emergency: inactivity. He said studies show that only 3.5% of adults, ages 18-59 exercise 20 minutes a day, 3 times a week. 40% are completely sedentary. The results of inactivity are health problems such as obesity, Type II diabetes, hypertension, dyslipidemia, cardiovascular disease, osteoarthritis and osteoporosis. 85% of Americans die from lifestyle-preventable diseases. The US is 37th in the world for positive health outcomes, in spite of many health care dollars spent.

Four research-based choices can prevent these negative outcomes. They are: 30 minutes of exercise a day (accumulated); alcohol in moderation; quit smoking; eat five fruits and vegetables a day.

Lack of physical activity leads to muscle mass loss, which in an older adult can lead to loss of independence with the inability to perform daily activities. This is the main reason for nursing home admissions. The best exercise for you is the one you enjoy doing and can easily incorporate into your life.

Obesity is a national problem. In 2010, there was no state that had an obesity rate lower than 20%. The rate increases every year.

Resistance training positively influences bone density, stimulates calcium absorption, and impacts osteoporosis prevention. There is a significant correlation between muscle strength and independence in older adults.
What’s New in Integrative Medicine and Wellness at OSU?

Speaker: Beth Steinberg, Associate Director of Nursing and Director of Intensive Care Nursing at OSU

By Jerry Newsom

Formerly known as Complementary and Alternative Health Care, the field is now renamed Integrated Health and Wellness. Under its former name, it was described as an alternative or complement to mainstream medicine, but the new name implies more holistic care, including the context of family, culture and community. Compared to conventional medicine, which emphasizes diagnosis and treatment of a specific disease, complementary medicine tries to treat the whole person; integrative care combines both conventional and complementary medicine. Achieving personal goals (physical, emotional, mental, spiritual, and social) is the objective.

Nursing can be a high-stress occupation, both physically (e.g., helping lift patients) and mentally (burning out from watching patients die.) Working in intensive care, Beth found that mindful eating and massage therapy provided relief for her and she’s spreading the word. She put in a special plug for Urban Zen Integrative Therapy, which participants rated an average of 9.1 on a scale of 1 to 10 for satisfaction. You can try free mind-body recordings at home for some of the techniques at Go.osu.edu/guidedimagerypractices, Go.osu.edu/mindfulness, Go.osu.edu/heartpractices (this web page does not work with all web browsers), and Go.osu.edu/relaxationresponse. Aromatherapy is claimed to have some success (e.g., lavender treats sleeping problems, while peppermint oil is used for pain and nausea.)

The field is growing. OSU offers an undergraduate minor in Integrated Approaches to Health and Wellness, and more medical students are getting involved. Ohio State’s offerings in the field have expanded (Philip Heit Center for Healthy New Albany, CarePoint at Lewis Center and Gahanna, and Martha Morehouse on Kenny Road.) At the hospital, patients or their families can request treatment from integrative medicine. Appointments can be made at 614-293-9777.

The New Columbus Museum of Art

Speaker: Nannette Maciejunes, Executive Director of the Columbus Museum of Art

By Joan Leitzel

Nannette Maciejunes summarized for her audience the process and the goals that have guided the renovation and expansion of the Columbus Museum of Art. She explained how the facility, built in 1931 and last renovated in 1973, has been transformed for current and future use through construction work that began in 2008 and proceeded in phases until its completion in 2015.

Maciejunes explained that the challenges in the project have included addressing their priorities of sustainability, competitiveness and public value with an authentic mission-centered architectural design, a design that provides appropriate space for current and future use. She showed new areas both inside the original building and in the new space and explained how these areas will be used for particular activities engaging children and youth as well as some activities to engage all visitors. She talked about the collections that are now on exhibit and about their plans for future exhibits. She also described the recent partnership developed between the Ohio State Medical School and the Museum, a program that they hope can be a model for future partnerships with other organizations in the Columbus community.

Maciejunes’ presentation very successfully engaged her audience and likely ensured that all who heard her would soon be visiting the New Columbus Museum of Art.
Experience the Natural Beauty at OSU

Speaker: Mary Maloney

By Carl Leier

The Director of the OSU Chadwick Arboretum, Mary Maloney, presented the breakout session, “Experience the Natural Beauty at OSU.” The session was well-attended and the audience was very intrigued by the interesting vignettes presented and the numerous beautiful pictures of the widespread activity and impact of the Chadwick Arboretum and Arboretum Learning Gardens on the OSU campus.

A certified member of Tree Campus USA, the Chadwick Arboretum plants, perpetually maintains, and identifies (markers) all trees (>37,000 trees,) shrubs and greenery on campus. More recent projects include developing Arboretum North, the Horticulture Therapy Garden (for the Disabled and musculoskeletal rehabilitation,) the impressive Howlett Hall rooftop garden (replacing chips, tar and concrete,) and cloning the Jesse Owens' white oak tree (the tree was presented to Mr. Owens at the 1936 Olympics by Hitler himself.)

Arboretum North surrounds a 2 1/2 acre lake, located between the 4-H building and Route 315. It serves many purposes, including an on-campus fishing site, a solar home lab, another Chadwick learning center and several preservation projects (e.g., Monarch butterfly.)

OSU is the home of many national champions (wrestling, synchronized swimming, football, etc.) AND the National Tree-Planting team. The tree “plant-off” was won by the OSU Chadwick team last fall in, of-all-places, Arlington, Texas; perhaps setting the stage for the National Collegiate Football Championship held there in January, 2015. Parenthetically, the separation of the OSU Chadwick team score and the second-place entry was more than 59 points.

As you travel along the gardens of Lane Avenue, by the Cancer Survivors Plaza, walk through Buckeye Grove, the Oval, and all other campus locations and enjoy the many trees, shrubs, and all other plant-life, think of the faculty, students, staff and volunteers of the Chadwick Arboretum, a treasure of The Ohio State University.
How Will Ohio State Stay Competitive for Federal Funding?

Speaker: Jan Weisenberger, Senior Associate Vice President for Research

By Tom Sweeney and Joan Leitzel

Jan Weisenberger spoke about the challenges facing Ohio State, a public research university, at this time when the federal government’s support for research continues to decline and the competition for federal dollars gets stronger and stronger. She shared data describing funding trends by the various federal agencies and data showing Ohio State’s research funding profile since 2005. She explained Ohio State’s current efforts to ensure that every proposal submitted is of the highest possible quality and fully competitive. She focused the discussion in four different areas:

• Ohio State’s Discovery Themes: health and wellness, food production and security, energy and the environment. Weisenberger explained how these themes have engaged researchers across the institution in multidisciplinary work and resulted in proposals very attractive to funders.

• Industry Liaison Office. This office is connecting Ohio State researchers with industry and building deep relationships with companies across the nation to create win-win opportunities. Weisenberger gave several examples of significant work now underway that is showing considerable promise.

• Proposal Development Office. This office helps faculty write better proposals. Weisenberger explained how the office also works with agencies in Washington to learn what funding opportunities may be down the road and to influence funding priorities of those agencies.

• International Collaborations. The University is developing very promising collaborations with companies in other nations and with companies that are multinational. Ohio State now has Gateway Offices in China, India and Brazil that work to build future corporate partnerships.

Weisenberger’s presentation demonstrated that Ohio State is being very aggressive and is showing success in keeping the institution competitive for research funding.

2015 Conference Snapshots

(Above) The Annual Meeting was conducted by President Jerry Newsom. Past President Hal Noltimier presented the Outstanding Service Award to Howard Gauthier.

(Left) The Fawcett Center laid out a beautiful continental breakfast for the participants.
Opportunities for Lifelong Learning at OSU

**Speakers:** Corinna Owens, Director of Program 60 and Tom Evans, ODEE Course Coordinator

By Shirley McCoy

This presentation featured the opportunities available through OSU for purposeful living by learning or relearning educational dreams in the classroom along with distance education and eLearning. You don’t have to be in Ohio and over 60 to take advantage of life-long e-learning, but can be anywhere in the nation for all age groups as long as you have an internet connection and personal email address.

Program 60 was presented by Corinna Owens, a Senior Associate Director with the Office of Distance Education and eLearning (ODEE). Established in 1973, Ohio residents age 60 or older were invited to enrich their lives by experiencing the academic excellence and world-renowned research available at The Ohio State University. Each year, thousands of Ohioans take advantage of this tuition-free, noncredit/non-degree program to connect to the university community. Program 60 students attend undergraduate, graduate-level, and distance learning courses through Program 60 on a space-available basis. There may be department limits on numbers and fees for labs, depending on the class.

There were 380-plus student registered for Program 60 this autumn semester. You can register online or schedule an In-person Orientation for assistance to register for classes. The Buckeye Link Website is where you can find specific courses [buckeyelink.osu.edu]. Start out by looking through the Course Catalog online to see what classes might interest you. Then with the course number, check for it in the Schedule of Classes to see when it is offered. Convenient online registration is available for the Columbus campus four weeks prior to the start of the semester/term and continues through the second Friday. Learn more about scheduling on a regional campus by contacting program60@osu.edu or call 614.292.8860 for more information. The next orientation will be December 17th from 10 a.m. – 12 p.m. Please register by sending an email to Program 60.

Tom Evans, ODEE Course Coordinator, presented MOOC, Massive Open Online Classes, as an option for the learner who doesn’t want to be confined by the classroom. The courses are open to anyone around the world, utilizing free and open resources. They provide an online learning experience to thousands of people around the world, provided they have access to Internet. In an effort to increase educational access and awareness to a broad audience around the world, OSU designs courses without any limit on enrollment and with a commitment to feature open educational resources as much as possible.

A typical Ohio State MOOC may include a series of video recordings in which the instructor shares content information with the students or a variety of assessments where students can gauge their level of understanding of the topic. It provides a robust discussion platform where conversation is encouraged with classmates around the world. You have access to downloadable educational content such as PowerPoints, articles, additional web resources and other freely-available content.

For more information on this exciting concept go to https://odee.osu.edu/odee-moocs or http://ww25.courseara.org/
**COMMITTEE MEETINGS**

**November 3 (Tuesday)**  
Benefits Committee  
**Time/Place:** 9 a.m., HR, 300 Gateway Building C, 1590 N. High Street

**November 10 (Tuesday)**  
Board Meeting  
**Time/Place:** 9 a.m., Northwood-High Building, 2231 N. High Street

**MONTHLY ACTIVITIES**

**November 9 (Monday)**  
Litter Picking Team  
**Challenge Level:** 3-4  
You’ll be walking about 1 hour, or 1 to 2 miles. You are encouraged to join us as we clean up our environment...while getting your day’s exercise. Long sleeves and long pants are part of the ODOT recommendations. We suggest wearing sturdy shoes and bringing work gloves. All other supplies furnished.  
**Meet by:** 8:30 a.m. at the Microcenter parking lot off of Bethel Road and depart to our assigned roadway.  
**Arranger:** Ellen Leppert (Litter Pickers SIG)

**November 12 (Thursday)**  
Photo Society  
**Program:** “Madeira, A Portuguese Island of Paradise,” presented by Rolf Barth. Right in the middle of the Atlantic, the islands of Madeira & Porto Santo are a haven of natural beauty. The exotic colors of the flowers stand out from among the blue sea and emerald green vegetation. This is an archipelago where two-thirds are a protected area and includes the world’s largest Laurisilva forest.  
**Member Theme:** “Your Paradise Images.”  
Limit 3 images. Send digital files in a Power Point file (alternately in .jpg 96 or 72 dot/inch format) to jjuston1@columbus.rr.com. New members welcome.  
**Time/Place:** 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., member theme; 7:30 p.m., program; OSU Faculty Club.  
**Cost:** On your own  
**Arranger:** Lawrence Kennedy (Photographic Society SIG)

**November 18 (Wednesday)**  
Book Club  
**The Emperor of All Maladies: A Biography of Cancer**, by Siddhartha Mukherjee. This Pulitzer Prize winning biography, best read in hard copy for ease of footnotes, explores the trajectory of cancer over 5,000 years: its history, its biology, its politics, its endless research and perpetual fund raising. It explores the where you’ve been and where you’re going in the fight against this serial, smart, hyperactive, survival-endowed, multi-celled, and constantly mutating-ahead-of-pursuit killer.  
**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 19 (Thursday)**  
Lunch Bunch – Guatemala  
**REGISTRATION REQUIRED**  
Join us for an exciting, imaginary trip to beautiful Guatemala. Our speaker, Vivian Harvey, will share some of her experiences while living with the Guatemalan people, and we will have a chance to learn about their living habits and customs.  
**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  
**Registration Deadline:** November 17  
**Arrangers:** Phyllis Carroll and Elenore Zeller (Social Committee)

**November 19 (Thursday)**  
Dinner Series: Really Hard Times: OSU, the Great Depression and Its Legacies  
**REGISTRATION REQUIRED**  
The decade of the 1930s was one of severe economic conditions that challenged every institution in the nation, including the Ohio State University. Tonight Rai Goerler will present the challenges the university faced and the actions that were taken to deal with its economic difficulties, which continue to affect many aspects of life at OSU.  
**Time/Place:** 5:15 p.m., social hour (cash bar), followed by dinner at 6 p.m. and program at 7 p.m.; OSU Faculty Club  
**Cost:** $23 (service charge included)  
**Registration Deadline:** November 16  
**Arranger:** Howard Gauthier (Dinner Series SIG)

**November 21 (Saturday)**  
Walking/Hiking Group  
**Challenge Level:** 2-4  
Everyone welcome. Join us as we explore and walk the trails at Sharon Woods Metro Park.  
**Time/Place:** 11 a.m., Sharon Woods Metro Park (Naturalist Office), 6911 Cleveland Ave., Westerville  
**Arranger:** Hallan Noltimier (Walking/Hiking SIG)

**November 24 (Tuesday)**  
Tertulia Breakfast  
Come 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, December**  
Bridge Group  
Plan to be on deck in January when we gather again.  
**Arranger:** Sherry Detillian (Bridge Group SIG)

**SPECIAL EVENTS**

**November 10 (Tuesday)**  
After Picasso  
(Wexner Center for the Arts–OSU)  
**REGISTRATION CLOSED**
November 15 (Sunday)
The Redesigned
An Afternoon at the Theater
(The Drake Performance Center–OSU)
Challenge Level 2
REGISTRATION REQUIRED
Come join us for a truly memorable afternoon of theatre! In his stirring play, “An Enemy of the People,” Henrik Ibsen, considered by many the father of modern drama, addresses the conflicting claims of morality and prosperity, truth and economic progress. The director, Dr. Lesley Ferris, will present a talk before the performance.
Meet by: 2:15 p.m. in the lobby of the Drake Performance Center, 1849 Cannon Dr.
Cost: $15; includes ticket and discussion
Registration/Refund Deadline: November 2
Arranger: Marilyn Blackwell (Cultural Arts Committee)

November 17 (Tuesday)
The Redesigned
Columbus Museum of Art
(480 E. Broad St.)
Challenge Level 1
REGISTRATION REQUIRED
A docent-led tour of the newly designed CMA with a new wing, expanded exhibition areas. Visit the New Sculpture Garden, store and restaurant. Meet the docents at the desk in the lobby of the New Wing’s entrance on Washington Ave. Parking in front. columbusmuseum.org
Meet by: 1:45 p.m. in the lobby, tour starts at 2 p.m.
Cost: $11; includes museum entrance and tour
Registration/Refund Deadline: November 6
Arranger: Odette Blum (Cultural Arts Committee)

November 20 (Friday)
La Comedia Dinner Theater –
A Christmas Story: The Musical
(Springboro, OH)
REGISTRATION CLOSED
Meet by: 8:15 a.m. back parking lot at Kohl’s, 3360 Olentangy River Road
Return: 5 p.m.
Arrangers: Karen Kitts and Sandy Nicholson (Travel Committee)

December 7 (Monday)
Holiday Buffet
REGISTRATION REQUIRED
Join us for a buffet lunch and entertainment. Bring a favorite dish (with serving utensil) to share and your own table service. Special program is being planned.
Time/Place: 11:30 a.m., lunch at noon, Antrim Park Shelter House, 5800 Olentangy River Rd.
Cost: a dish to share
Registration Deadline: December 3
Arrangers: Phyllis Carroll and Elenore Zeller (Social Committee)

December 11 (Friday)
Oglebay Outdoor Light and Sound Extravaganza
(Wheeling, WV)
Challenge Level 1
REGISTRATION REQUIRED
Visit Oglebay’s Glass Museum, shops, Mansion Museum, Winter Fantasy at the Zoo, Laser Light show, buffet dinner at the Lodge and bus tour of light show. Lunch on your own.
Meet by: 9:30 a.m. back parking lot at Kohl’s, 3360 Olentangy River Road
Return: approx 10:30 p.m.
Cost: $83; includes motor coach transportation, buffet dinner, admissions, tours, snack and tips
Registration/Refund Deadline: December 6
Arrangers: Jessica Pritchard and Karen Kitts (Travel Committee)

April 19-22, 2016 (Tues. – Fri.)
Let’s Visit the Windy City!
(Chicago, IL)
Challenge Level 2
REGISTRATION REQUIRED
Join us for 4 days and 3 nights in the exciting windy city. We’ll experience 360 Chicago, Chicago Architecture Cruise, Art Institute and the Field Museum. There will be time to explore on your own.
Meet by: 5:45 a.m. Tuesday, April 19 back parking lot at Kohl’s, 3360 Olentangy River Rd.
Return: approx. 8 p.m. Friday, April 22
Cost: $855 double, $1134 single, $762 triple at the Fairfield Inn Downtown (on the Magnificent Mile) Cost includes motor coach transportation, 3 nights lodging, 3 breakfasts, 2 dinners, 1 lunch, tours, tour leader and tips.
Registration/Payment Deadline: $475 deposit due with reservation by January 5; final payment due March 1
Cancellation/Refund Deadline: January 5
Arrangers: Maureen Meck and Alabelle Zghoul (Cultural Arts and Travel Committees)

July 8 – 21, 2016
Spectacular Scandinavia
(Norway, Denmark, Sweden)
Challenge Level 4
REGISTRATION REQUIRED
Enjoy touring Norway, Denmark, and Sweden. Visit Viking Ship Museum, palaces, ascend Brikstal Glacier on troll car, view towering mountains and amazing valleys. Then fly to Copenhagen, take in a relaxing harbor cruise and many other activities and events. Full itinerary is at gateway.gocollette.com/link/710315 and in registration packet. Contact Karen Gallien of Sun Deck Cruises at (877-855-4434) for registration packet.
Depart: TBA July 8, 2016 from CMH
Return: TBA July 21, 2016
Cost: $6579 double, $7679 single, $6479 triple; includes round-trip airfare from Columbus (air available from your local airport – cost may vary), tours, transfers, lodging, 19 meals, sightseeing per itinerary, cancellation waiver and insurance.
Registration/Payment Deadline: $530 deposit due with reservation form by January 4, 2016, first come, first served (space is limited, so register early.) Final payment due May 9, 2016.
Arranger: Kay Adelsberger (Travel Committee)

After the long day of meetings, OSURAs boarded busses for tours of the OSU Planetarium or Orton Hall.
Birding is Our Hobby

**Speakers:** Rosemary and Tom Domin, OSU Retirees

By Marsha Myers

Rosemary and Tom developed this hobby into fascinating, original short films of birds in parks and reserves throughout central Ohio with a focus on nesting and the rearing of baby birds to fledglings. They started their avocation by visiting the metro parks and talking with other guests about where specific birds have been sighted and followed leads on nests sighted in the area.

Equipment for filming was acquired over the years that allows for a respectful distance with zoom lens attributes. This type of equipment, made by Sony, runs around $1000.

We were able to watch two Great Horned Owls that nested in a large cavity in an oak tree in Greenlawn Cemetery raise three babies, their feeding, their first steps, called “branching,” and their first flights from March 2010. Then they were able to capture on film another couple just two years later in a pine tree nest in that same locale. Amazing footage followed on Belted Kingfishers at Hoover Reserve, Barred Owls at Blacklick Woods, Prothonotary at Hoover Reservoir and Barn Swallows just south of Delaware at the Stratford Center. The most interesting detail of Barn Swallow’s nest building is that it takes about 1000 dabs of mud and saliva to build a small nest on a barn rafter. We also watched films of two Pileated Woodpeckers, Baltimore Orioles, Eastern Bluebirds and some amazing footage of a Hummingbird nest at Big Walnut Creek.

Good resources for beginning birders are “Birds of Ohio” by McCormac and Kennedy and “Birds of Ohio Field Guide” by Stan Tekiela. Classes on bird watching are given at the Grange Audubon Park in downtown Columbus. Rosemary and Tom added that the best advice they could give for those interested in this activity is to meet other bird watchers and network.

Shirly McCoy introduced Tom and Rosemary Domin, Birders and Photographers

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**In Memoriam**

**Clara Smith Bivens**
September 13 | 96

**Bonnie Chappell-Hoover**
September 23 | Clerical Specialist, 87

**Margaret Ann Goode**
September 25 | Nursing, 91

**Donald Hamilton**
September 28 | Physical Facilities, 81

**Jean Powers**
September 22 | Veterinary Medicine & Statistics, 84

**Kurt Reibel**
September 13 | Physics and OSURA, 89
Making our Homes Work for Us

Speaker: Meg Teaford, Associate Professor Emerita Health and Rehab Sciences

By Nancy Beja

90% responded in the affirmative to an AARP survey when asked, “Do you want to live in your house forever.” In a survey of this session’s audience, most responded that they have lived in their house for a long time, their house is on more than one level, and there are steps into the house.

Our houses have aged along with us. We must decide whether we want to stay or move. If staying, what adaptations are necessary? Look at your health, others living with you, visitors and future health issues.

We must then plan on what we need to do next. Think about safety and convenience and then prioritize.

SAFETY: Falls and mobility are key issues; consider entrances/exits, bathrooms, stairs, flooring, lighting. (After age 40, one’s light vision gradually decreases.)

Problems:
• Getting in and out of the house
• Difficulty quickly exiting in emergency
• People with walkers cannot visit
• Door knobs are difficult to turn
• Doorways are so narrow that we have difficulty moving furniture

Solutions:
• Modify one entrance with no-step entrance or ramp
• Install handrails
• Install lever handles
• Check outside lighting

Check for Fall Risks:
• No handrail on basement steps
• Difficulty judging width and depth of steps
• Climbing counter to reach high shelf
• Takes a long time for eyes to adjust to changes in lighting
• Carpet or throw rugs are not secure
• Glare in some areas

Reduce Opportunity for Falls:
• Improve lighting and use shades to reduce glare
• Make steps easier to see them
• Remove throw rugs
• Move items you use often to lower shelves
• Move bedroom to first floor

Prevent Accidents in Bathroom:
• Put mat in tub/shower
• Put scald guard in tub/shower
• Put grab bars in tub/shower
• Declutter and provide more storage
• Elevate toilet seat; bench in tub/shower
• Increase lighting
• If possible, install full bath on first floor

Overall Safety:
• Have smoke and carbon monoxide detectors in home
• Eye holes in doors
• Consider installing an intercom so you don’t need to open the front door if bell rings
• Don’t rush to answer the phone
• Keep cell phone near
• Let answering machine do its job

CONVENIENCE: “Make home support you. Find ways to organize your home to do its job.”

Problem: Can’t stand for long time
Solution: Create a place to sit and work in the kitchen/bathroom

Problem: Difficulty bending
Solution: Raise the dishwasher

Problem: Hard to reach overhead
Solution: Move microwave to counter

TO SAVE YOUR ENERGY:
• Move washer and dryer upstairs – not basement
• Storage and electrical plugs in 18” to 48” range
• Put light switches where you need them

OSURA is fortunate that Meg Teaford also serves on the Benefits Committee
Among the factors threaded together that are expected to determine 2016 Health Care Program changes are: Dramatic increases in prescription drug costs with the trend being 14%, but with specialty drugs being 25%; new ACA (Affordable Care Act) regulations driving taxes, exchanges and competitor consolidations; a growing number of plan participants; and the objective of keeping costs under the 2018 ACA excise tax. All STRS Ohio retiree medical plans do satisfy the minimum coverage requirements of the ACA.

The STRS Ohio Health Care Program was detailed in the August letter sent to all STRS members. It included complete tables of premiums for the health care plans offered. Further information detailing 2016 plan options and monthly premiums will be mailed in late October in preparation for the fall open enrollment period.

Non-Medicare retirees with lower household incomes, or those who do not receive any premium subsidy from STRS Ohio (such as spouses) should compare STRS Ohio options and costs with coverage available under a market-place plan or Medicaid. You can explore those options at www.healthcare.gov.

In addition, Health Care Program meetings will be conducted by STRS Ohio staff reviewing premiums and plan information. These will be accessible in person or via webinar presentations. Answers to individual questions are always available at STRS Ohio’s website (www.strsoh.org), or by calling toll-free 1-800-227-7877 to connect with STRS Ohio’s Member Services Center.

Fall open enrollment in STRS Ohio’s Health Care Program will run from November 1 through 24, 2015.
In 2016, OPERS will introduce a Medicare Connector for our Medicare retirees enrolled in Medicare Parts A and B. As a result, effective Dec. 31, 2015, OPERS will no longer sponsor a group Medicare Advantage plan or Medicare D prescription plan for these retirees.

Instead, retirees will select a Medigap (Medicare Supplement) or Medicare Advantage plan and a Medicare D prescription drug plan on the individual Medicare market that best suits their personal needs, with individual coverage going into effect Jan. 1, 2016. There are many affordable plans available on the individual market, and the Medicare Connector will allow OPERS retirees access to more plan choices than ever before. Licensed benefits advisors are there to help you select the right plan that fits your needs to supplement the coverage provided by original Medicare. Original Medicare covers 80 percent of medical costs and has daily deductibles for hospital stays. It also does not provide prescription drug coverage. The plans provide additional coverage to supplement the Medicare coverage.

Beginning in 2015, the amount OPERS paid toward the total monthly cost of your coverage (allowance) was based on your qualifying years of service at retirement and your age when you first enrolled in the OPERS health care plan. Monthly allowance amounts will range between 51 percent and 90 percent of the full monthly premium or the Connector base allowance. Beginning in 2016, spouses age 65 and over and enrolled in Medicare Parts A and B can use the OPERS Medicare Connector to select an individual Medicare plan and will receive an allowance in 2016 and 2017. By 2018, the allowance will be phased out to $0. Spouses can continue to use the Connector past 2020. These same rules apply to the surviving spouse of a deceased OPERS retiree. OPERS will continue to offer a coverage plan for those retirees eligible for Medicare Part B only.

Not eligible for Medicare Part A?

The Ohio legislature approved a provision that will allow participation in the OPERS Medicare Connector for OPERS retirees who do not qualify for premium-free Medicare Part A insurance. The Medicare Part A law “will allow OPERS members who did not contribute to Medicare Part A during their careers to join the Connector.

Under the new plan, OPERS will reimburse the retirees’ Medicare Part A premium, as well as any applicable surcharges, when the retiree enrolls in Medicare Part A and selects a plan through the OPERS Medicare Connector. These retirees would then receive an applicable allowance. OPERS also will reimburse a portion of the premium for retirees’ spouses, as well as any applicable surcharges.

OPERS stands behind the work of the Medicare Connector and will be available to retirees should any problems arise throughout the process.
Help Plan the 2016 FALL CONFERENCE

The OSURA Conference Planning Committee wants to welcome you to our committee. We meet monthly on the third Thursday of the month.

Please either email or call Rachael Turner at turner4931@live.com or 740-881-1088.