OSURA News

March 2015

Retirees Association

1590 N. High street, suite 300, columbus, o H 43201-2190
614-292-2916 • 614-292-4424 (fax) • osura@osu.edu • osura.osu.edu

Amazing Orton Hall

By Nancy Wardwell

OSURA President Hal Noltimier passed along a message from a fellow geologist about one of the residents of Orton Hall. Affectionately known as “Jeff” (Megalonyx jeffersonii) the huge mounted, extinct ground sloth that greets visitors to the Orton Geological Museum is now famous beyond South Oval. He was discovered in 1890 near Millersburg, Ohio and has the distinction of being the first such skeleton mounted for a museum exhibit (1896). More recently, it has been determined by carbon dating that he is the youngest ground sloth specimen known, prior to extinction of the species. In a 2014 paper Orton Curator Dale Gnidovec and others report on the new radiocarbon data.

The hall is built of 40 varieties of Ohio building stones. In the outside walls the stones are laid in stratigraphic order according to the positions in Ohio’s bedrock. The capitals of the columns in the entrance hall feature carvings of fossils, such as trilobites and other objects. Encircling the top of the bell tower are 24 columns with gargoyle-like figures, each of which are restorations of fossil animals. The bell tower houses the iconic bells that chime every 15 minutes – it is also thought by some, to be haunted. Orton himself spent much time reading by lamplight at the top, and legend has it that you can see the light flickering through the vertical slots that surround the turret!

Orton Hall was opened in 1893, making it one of the oldest buildings on campus, and it just may be the most interesting! It is named for Edward Orton who served as Ohio State’s first president. Orton was a professor of Geology, and the building started with a gift from Orton’s own collection of 10,000 geological specimens. It is a tribute to his dedicated service towards the understanding of the geology of Ohio.

From the President—2
New Retirees—3
Events Calendar—4
Had a Fall?—6
In Memoriam—6
OSURA on the Web—7
Greetings to my Colleagues and Friends in OSURA.

Our month’s visit in New Zealand was briefly summarized in my February missive. The Marino and New Zealand Possum (Australian Bush Baby) wool sweater Paula bought at the Wool Shed in Akamai for my Christmas present. It is REALLY useful this winter in Ohio.

The Executive Board and all of our committees are busy. Vice President/President-elect Jerry Newsom chaired the December Board meeting and led Hiking/Walking at Battelle Darby Creek while I was away. He and Rai Goerler also led Hiking/Walking at Scioto Audubon Metro Park in February because Paula and I spent two weeks in February in Honduras as volunteers with International Health Service at a remote field hospital in Carbajales.

The Board is updating the OSURA Operating Manual, organized by Marie Taris. Dan Jensen, our new Treasurer, is doing a fine job managing the Association’s finances. Cultural Arts and Travel are planning creatively. I had an enjoyable meeting with President Drake on February 9th. Rachael Turner, Chair of the Conference Planning Committee, has arranged a meeting with President Drake on March 25th. Other members of the Conference Planning Committee and the Board will accompany her.

Finally, the 2015 Big Ten Retirees Conference will be held at Michigan State University, August 14th through 16th. Jerry Newsom (then President) and I (past President) plan to attend, representing OSURA.

Sincerely,

Hallan C. Noltimier
Welcome New Retirees

<table>
<thead>
<tr>
<th>Name</th>
<th>Department/Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alton J. Ball</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>William J. Barson</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Carole L. Beerbower</td>
<td>University Advancement</td>
</tr>
<tr>
<td>Rebecca E. Bell</td>
<td>Extension</td>
</tr>
<tr>
<td>Vickie S. Bender</td>
<td>Internal Medicine</td>
</tr>
<tr>
<td>Sharron L. Bryan</td>
<td>James Cancer Hospital and Solove Research Institute</td>
</tr>
<tr>
<td>Trudy O. Busby</td>
<td>Veterinary Medicine</td>
</tr>
<tr>
<td>Kenneth D. Cochran</td>
<td>OARDC</td>
</tr>
<tr>
<td>Dawn F. Cramer</td>
<td>Extension</td>
</tr>
<tr>
<td>Carrie L. Cumberlander</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Lynn A. Ellingsworth</td>
<td>Nursing</td>
</tr>
<tr>
<td>David J. Ennis</td>
<td>Astronomy</td>
</tr>
<tr>
<td>Christine H. Farrell</td>
<td>Dental Hygiene</td>
</tr>
<tr>
<td>M. Ronald Glaser</td>
<td>Internal Medicine</td>
</tr>
<tr>
<td>Nanci B. Gobey</td>
<td>Office of the Chief Information Officer</td>
</tr>
<tr>
<td>Connie L. Goble</td>
<td>Extension</td>
</tr>
<tr>
<td>Laura Grimm</td>
<td>Mansfield Campus</td>
</tr>
<tr>
<td>Hooshang Hemami</td>
<td>Electrical and Computer Engineering</td>
</tr>
<tr>
<td>Gloria C. Higgins</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Gary D. Isaacs</td>
<td>Environmental Health and Safety</td>
</tr>
<tr>
<td>Bernice R. James</td>
<td>James Cancer Hospital and Solove Research Institute</td>
</tr>
<tr>
<td>Terry L. Jones</td>
<td>OARDC</td>
</tr>
<tr>
<td>Linda A. Koch</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Mary J. Lichtensteiger</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Salvatore P. Lowry</td>
<td>Student Health Services</td>
</tr>
<tr>
<td>Paula B. Lynch</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Fred A. Marker</td>
<td>Veterinary Medicine</td>
</tr>
<tr>
<td>Richard E. McClead</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Kyle A. Morgan</td>
<td>Newark Campus</td>
</tr>
<tr>
<td>Jack L. Nasar</td>
<td>Knowlton School of Architecture</td>
</tr>
<tr>
<td>Richard N. Nelson</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>Barbara L. Nesbitt</td>
<td>Molecular and Cellular Biochemistry</td>
</tr>
<tr>
<td>Michael E. Paulaitis</td>
<td>Chemical and Biomolecular Engineering</td>
</tr>
<tr>
<td>Byron K. Rankin</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Robert E. Robison</td>
<td>Spanish and Portuguese</td>
</tr>
<tr>
<td>Dawn L. Serafini</td>
<td>Ross Heart Hospital</td>
</tr>
<tr>
<td>Deidre D. Steiert</td>
<td>Advancement</td>
</tr>
<tr>
<td>Sandra D. Sturman</td>
<td>Newark Campus</td>
</tr>
<tr>
<td>Cheryl L. Sumner</td>
<td>Wexner Medical Center</td>
</tr>
<tr>
<td>Douglas W. Teske</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Richard M. Ugland</td>
<td>History</td>
</tr>
<tr>
<td>Elizabeth J. VanSchepen</td>
<td>Dentistry</td>
</tr>
<tr>
<td>Jean R. Venn</td>
<td>University Hospital East</td>
</tr>
<tr>
<td>Blair D. Vermilion</td>
<td>Wexner Medical Center; Surgery</td>
</tr>
<tr>
<td>Altaf A. Wani</td>
<td>Radiology</td>
</tr>
<tr>
<td>Larry D. Wells</td>
<td>James Cancer Hospital and Solove Research Institute</td>
</tr>
</tbody>
</table>

Retirees Shine in Bucks for Charity

By Don M. Dell

OSU retirees regularly contribute their time, talent, and treasure to their university and to the central Ohio community. A very tangible indication comes from the recently completed Bucks for Charity campaign. OSU retirees’ contributions were 135% of the goal established by the campaign directors for this group, and totaled just over $67,700!

Thanks to all of those who participated in this effort and for all those other things you do (perhaps not as easy to count) to make your university and your community better places to live and work.
Calendar of Events

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

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

**March 12 (Thursday)**
**Photo Society**
*Program:* “Digital Art” presented by Tom Hubbard
*Member Theme:* “Abstract or Abstraction,” limit 3 images. Send digital files in .jpg 96 or 72 dot/inch format to jhuston1@columbus.rr.com or mail files on a new CD to arrive 3 days before the meeting. (J. Huston, 4095 Fenwick Rd., Columbus OH 43220), or bring analog images as slides (notify Huston for projector) or prints (at least 8”x10”) to the meeting.
*Time/Place:* 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club.
*Cost:* On your own
*Arranger:* Lawrence Kennedy (Photographic Society SIG)

**March 18 (Wednesday)**
**Book Club**
*Identical:* by Scott Turow. Paul Gianis, running for mayor, is accused of having played a role in the murder of his identical twin brother’s girlfriend – for which his brother, Cass, has already served time. This develops into an intriguing, complex web of murder, sex and betrayal involving the meaning of identical, both medically and psychologically. The denouement will have you thinking Agatha Christie still lives!

**March 19 (Thursday)**
**Lunch Bunch**
*REGISTRATION REQUIRED*
Come and enjoy a travelogue on Tanzania, Africa presented by OSURA member Steven D’Ambrosio.
*Time/Place:* 11 a.m., MCL Cafeteria, Kingsdale
*Cost:* On your own, order through cafeteria line starting at 11 a.m., program at approximately noon.
*Registration Deadline:* March 17
*Arranger:* Mary Anne Herbst (Social Committee)

**March 21 (Saturday)**
**Walking/Hiking Group**
*Challenge Level 2-4*
Everyone welcome. Join us as we explore and walk the trails at Blendon Woods Metro Park.
*Time/Place:* 11 a.m., we’ll meet at Blendon Woods Metro Park (Nature Center), 4265 E Dublin Granville Rd., Westerville. Directions—From I-270, take State Route 161 exit (30B) toward New Albany onto E Dublin-Granville Road. Go 1.6 miles then take the Little Turtle Way exit and turn right. Go to Old SR 161 and turn right. Entrance is 1/2 mile on left.
*Arranger:* Hallan Noltimier (Walking/Hiking SIG)

**March 24 (Tuesday)**
**Tertulia Breakfast**
Please join OSURA members and friends for breakfast and conversation.
*Time/Place:* 8 a.m., OSU Faculty Club
*Cost:* On your own
*Arranger:* Sally Morgan (Tertulia Breakfast SIG)

**March 25 (Wednesday)**
**Bridge Group**
Join us; new members always welcomed. There is no membership fee and it costs only 25 cents for prizes the day you play. Come enjoy the fellowship, and have fun playing a good game of bridge at the same time.
*Time/Place:* 1 p.m., Friendship Village of Dublin, North CR
*Arranger:* Sherry Detillian (Bridge Group SIG)

**March 26 (Thursday)**
**Dinner Series: Cruising with the Rich and Famous – The Cunard Queens**
*REGISTRATION REQUIRED*
Join Dick Hill on a luxurious cruise on a Cunard Queen. Enjoy a delightful walk through extensive galleries of art and photography that provide images designed to subtly influence voyagers of those times. Meet Cunard’s 20 celebrity passengers, including the Royal and Recognizable.
*Time/Place:* 5:15 p.m., social hour (cash bar), followed by dinner at 6:00 p.m. and program at 7 p.m.; OSU Faculty Club
*Cost:* $22 (service charge included)
*Registration Deadline:* March 23
*Arranger:* Howard Gauthier (Dinner Series SIG)

**Special Events**

**March 4 (Wednesday)**
**Planetaryarium—Viewing the Night Skies**
*REGISTRATION CLOSED*
*Time/Place:* 6:45 p.m., 5033 Smith Lab, 174 W. 18th Ave, near College Ave, Campus
*Arranger:* Jerry Newsom (Cultural Arts 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.
March 7 (Saturday)
Special Health/Wellness Event: Health Screenings and Nutritional Presentation
REGISTRATION REQUIRED
The event is limited to 80 participants.
The OSURA Health and Wellness Special Interest Group is pleased to announce a collaboration with the OSU College of Nursing and Kendal of Granville to provide health screenings including stress and nutrition assessments and wellness education followed by a nutrition presentation.
Time/Place: 8-11 a.m., Martha Morehouse Medical Plaza, 2050 Kenny Road
Cost: Free
Registration Deadline: March 1
Arranger: Sally Morgan (Health/Wellness SIG)

March 18 – 27
Reflections of Italy
(Italy)
REGISTRATION CLOSED
Depart: TBA March 18
Return: TBA March 27
Arranger: Kay Adelsberger (Travel Committee)

May 1 (Friday)
Masterpieces and Modern Voices in Japanese Art
Cincinnati Art Museum
Challenge Level 2
REGISTRATION REQUIRED
The exhibitions feature approximately 100 Japanese masterpieces as well as the Museum’s permanent collection. The tour will include transportation, one-hour guided tour, lunch and a gift from the museum shop. Check out – www.cincinnatiamuseum.org.
Meet by: 8:30 a.m., back parking lot at Kohl’s, 3360 Olentangy River Road
Return: 5:00 p.m.
Cost: $65.00; includes transportation, lunch, docent guided tour, snacks, a gift from the museum shop and tips.
Registration/Refund Deadline: March 31
Arrangers: Ivan and Marianne Mueller (Cultural Arts Committee)

May 20 (Wednesday)
Senufo: Art and Identity in West Africa
Cleveland Art Museum
Challenge Level 1
REGISTRATION REQUIRED
You’ll experience a stunning collection of objects of art in diverse styles and mediums, which attracted artists such as Picasso in early 20th century. You’ll be introduced to their production and use among societies in the Senufo region of West Africa. Check out– www.clevelandart.org.
Meet by: 8:15 a.m., back parking lot at Kohl’s, 3360 Olentangy River Road
Return: 10 p.m. approximately
Cost: $58.00; includes motor coach transportation, exhibit, lunch, snacks and tips.
Registration/Refund Deadline: April 15
Arranger: Odette Blum (Cultural Arts Committee)

“You Gotta Have Heart” Nobody sings the American Songbook better than Johnny Steiner! He was a hit at the Dinner Series in January.

We are indebted to Dick Hill and Howard Gauthier for their representation to other groups – and their gleaning and sharing information and perspective.
Falls account for 40% of all injuries and a third of all those 65 and older report a fall within the past year. The consequences of a fall can be a fractured hip, brain injuries, declines in functional health, and a decrease of social and physical activities. So falls are an important health concern. However, a recent article by Dr. Diane Gorgas of the OSU Wexner Medical Center pointed out the importance of good follow-through on falls. In a case study, she reported in the Columbus Dispatch (January 23, 2015) about an older woman who came to the Emergency Department because of a fall. After checking her and putting her arm in a sling, the resident was ready to discharge her. Dr. Gorgas intervened and asked the patient to demonstrate her ability to walk; with her arm in a sling, the patient had difficulty with her balance and gait. In addition, she was given a prescription for a mild narcotic for pain that could also affect her walking. Unfortunately, this woman was not ready to be discharged.

The lesson for us—whether we have had a fall ourselves or we are the spouse or friend of someone who has fallen—is the importance of good discharge planning. What is the situation in the home? Are there stairs that must be climbed in order to enter the house or to get to a bedroom or bathroom? How independent can the patient be? Can he or she take the medications that are prescribed and how will the medications be obtained? Who will be in the house to help out? Thinking through and answering these questions can aid in recovery and prevent a re-hospitalization.

### In Memoriam

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Department or Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doris Johnson Cowgill Coombs</td>
<td>February 1</td>
<td>87</td>
</tr>
<tr>
<td>Ann Hutchins Downer</td>
<td>January 12</td>
<td>Health &amp; Rehab Sciences, 90</td>
</tr>
<tr>
<td>Lena H. Groves Jackson</td>
<td>January 14</td>
<td>85</td>
</tr>
<tr>
<td>John Omar Kangas</td>
<td>January 24</td>
<td>Psychiatry, 84</td>
</tr>
<tr>
<td>Betty Ann Lauterbach</td>
<td>January 9</td>
<td>Agriculture, 86</td>
</tr>
<tr>
<td>Roy Burton McCarthy</td>
<td>February 8</td>
<td>Administration and Planning, 68</td>
</tr>
<tr>
<td>Alice LeVonia Price</td>
<td>January 16</td>
<td>93</td>
</tr>
<tr>
<td>Heidi B. Rapp</td>
<td>January 16</td>
<td>OSURA, 84</td>
</tr>
<tr>
<td>Bradley Moore Richardson</td>
<td>January 16</td>
<td>Political Science, 86</td>
</tr>
<tr>
<td>Lucy Della Steinmeyer</td>
<td>December 21</td>
<td>101</td>
</tr>
<tr>
<td>Katherine “Kay” Whinnery</td>
<td>January 24</td>
<td>OSU Extension, 99</td>
</tr>
<tr>
<td>Joanne Marie Alvine Wisemiller</td>
<td>January 24</td>
<td>73</td>
</tr>
</tbody>
</table>
When you open the OSURA web site you will have access to a wealth of important information and services.

Go to: www.osura.osu.edu and you will find a strip of nine tabs or options:

- Home
- About
- Membership
- Newsletter
- News And Events
- Discounts
- Pictures
- Presentations
- Resources

All are important but some are especially informative. The Newsletter tab gives access to every OSURA Newsletter since 2006. The Discounts tab is a list of discounts available to members and retirees – from cars to flowers to wireless service.

Presentations and Resources tabs provide valuable information from various presentations and papers concerning retirees. Two timely papers concern Long-Term Care and wise investing in 403b and supplemental retirement accounts.

osura.osu.edu
Public Pension Plans

From the Wall Street Journal December 18, 2014:

Dick Hill brought an article to the attention of the Benefits Committee and the Executive Board.

The article by Hank Kim said, “The vast majority of American workers have little or no investment savvy – a big minus for the effectiveness of 401(k) plans - while pension-plan investments are professionally managed and overseen by boards of trustees under jurisdiction of state and local governments. Simply put, public pension plans provide a higher level of benefits at a much lower cost than 401k plans.”

This helps to confirm the value of Ohio’s public pensions systems and our appreciation of the management of our pension plans – and again it raises the question of why any employee, public or private would choose a Defined Contribution plan!