New Alumni Association CEO
Welcome Back, Jim Smith

By Nancy Wardwell

Effective March 21, James E. Smith will become the 11th leader of The Ohio State University Alumni Association. Of course he’s a Buckeye – in 1991 he earned an MA from Ohio State’s widely-respected program in Sport Management. He brings more than 20 years of experience in sports and entertainment marketing. Most recently he has served as executive vice president and chief marketing and revenue officer for the Atlanta Falcons football club.

Closer to home, he was president and general manager of the Columbus Crew soccer team and in 2001 was named Major League Soccer Executive of the Year. Before soccer, he was an associate athletic director in Ohio State’s Department of Athletics.

“Throughout his career, Jim has demonstrated a deep commitment to the communities he serves,” said Senior Vice President for Advancement Michael Eicher. “He is the perfect leader to continue to build upon the incredible momentum of the alumni association.”

The Ohio State Alumni Association represents over a half-million living alumni. The association has more than 50 societies and 200 clubs throughout the world.

The Ohio State University Retirees Association wholeheartedly welcomes Jim – and pledge our Firm Friendship – O-H-I-O.
FROM: The President

Dear Colleagues and Friends in OSURA,

In the December Newsletter, I described some changes that are coming for OSURA. Many of the details are yet to be worked out, but it’s time for an update. For many years we have been associated with Human Resources at Ohio State, which provided both a half-time support person and an annual subsidy for printing and mailing the Newsletter and Directory. Both of these are ending in the coming fiscal year. Our future lies with the Alumni Association, which is well versed in supporting the types of activities that we frequently sponsor.

While our Task Force has been negotiating on how the transition will work, the Finance Committee has been working to come up with a viable financial plan for the future to recommend to the Executive Board. The ingredients are no surprise: over the next couple of years we need to cut expenses and increase income while maintaining service and quality of programs for members.

Ideas being considered to cut expenses include encouraging members to rely solely on on-line access for the Newsletter and Directory (although some members likely will need to continue receiving hard copies of the Newsletter through the mail), finding lower-cost printers, and eliminating some administrative expenses that will be provided free under the new arrangement. Opportunities to increase our income include advertisements in our publications, increased sponsorship, and more participation in our events. I expect we should be able to make these important decisions without sacrificing the quality programs we offer.

As discussions on the transition have progressed in the OSURA leadership, a consistent theme has been trying to do what is best for all the members. Although details have yet to be worked out, there is a strong sense of optimism that we should emerge after the transition as a stronger and renewed organization. Although the transition won’t be complete until at least September, I expect to hand over the presidency to Shirley McCoy in July with the organization well positioned for the future.

Meanwhile we continue offering many events for our members. Please note that all active members of OSURA are encouraged to participate in the activities listed in the Newsletter, some of them free. If you haven’t gone to them in the past, now is a good time to give it a try.

Gerald H. Newsom
President, OSURA Executive Board
FROM: The Benefits Committee

It’s up and running!

OPERS Medicare-enrolled retirees who qualify for health care coverage through OPERS have selected individual Medicare supplemental plans and prescription drug plans or Medicare Advantage plans using the OPERS Medicare Connector.

OPERS provides an allowance to Medicare-eligible retirees through a Health Reimbursement Arrangement (HRA) to help them offset the cost of that coverage. The HRA is used so the allowance is tax free.

Connector participants first pay for a qualifying medical item or service and then submit a claim (either manually or through automatic reimbursement, if offered by their selected carrier) for reimbursement from their HRA. Reimbursements from the participant’s HRA account are deposited directly into their designated bank account.

To obtain additional information, we suggest members contact the Connector administrator OneExchange at 844-287-9945, or refer them to the OneExchange/OPERS website: https://medicare.oneexchange.com/opers.

OPERS has posted a series of frequently asked questions and answers concerning HRA on the web at OPERS.org.

Take advantage of your Yearly “Wellness” Visits

If you’ve had Medicare Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention help plan to prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It also includes:

• A review of your medical and family history
• Developing or updating a list of current providers and prescriptions
• Height, weight, blood pressure, and other routine measurements
• Detection of any cognitive impairment
• Personalized health advice
• A list of risk factors and treatment options for you
• A screening schedule (like a checklist) for appropriate preventive services. Get details about coverage for screenings, shots, and other preventive services.

This visit is covered once every 12 months (11 full months must have passed since the last visit).

You pay nothing for the “Welcome to Medicare” preventive visit or the yearly “Wellness” visit!

Source: Medicare.gov
Calendar of Events

**April 5 (Tuesday)**

**Benefits Committee**

**Time/Place:** 9 a.m., Longaberger Alumni House—Drinko Conference Room, 2200 Olentangy River Road

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**April 12 (Tuesday)**

**Board Meeting**

**Time/Place:** 9 a.m., Northwood-High Building, 2231 N. High Street

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**April 14 (Thursday)**

**Photo Society**

**Program:** “Eclectic Imagery” presented by Larry Hamill.

**Member Theme:** “Your Choice of Photos” limit 3 images. Send digital files in a Power Point file (alternately in .jpg 96 or 72 dot/inch format) to jhuston1@columbus.rr.com. New members always welcome.

**Time/Place:** 5:15 p.m., cocktails; 6 p.m., dinner; 7:00, member theme; 7:30 p.m., program; OSU Faculty Club. You MUST make reservations for dinner by calling 292-2262 by April 11. The Faculty Club is no longer serving from the dinner menu on Thursday evenings. You may select options from a very limited menu.

**Cost:** On your own; ranges from $10-$15

**Arranger:** Lawrence Kennedy (Photographic Society SIG)

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**April 16 (Saturday)**

**Walking/Hiking Group**

**Challenge Level:** 2-4

Everyone welcome. Join us on the trails at Highbanks Metro Park. Take US 23 North – entrance is on the left, just before Powell Rd.

**Time/Place:** 11 a.m., we’ll meet at the Ranger/Nature Center.

**Arranger:** Hallan Noltimier (Walking/Hiking SIG)

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**April 20 (Wednesday)**

**Book Club**

*Lair, Temptress, Soldier, Spy: Four Women Undercover in the Civil War*, by Karen Abbott. The spellbinding true story of 4 women (a socialite, a farm girl, an abolitionist, and a widow) who play multiple roles became spies during the Civil War. The answer to the question, “Do women make the best spies?” The answer is a resounding “Yes!”

**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)

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**April 21 (Thursday)**

**Lunch Bunch: The Cisterns of Constantinople**

REGISTRATION REQUIRED

Come hear Richard Hill tell us about the thriving ancient city of Constantinople and how it has changed into the current city of Istanbul.

**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:** April 19

**Arrangers:** Phyllis Carroll and Elenore Zeller (Social Committee)

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**April 26 (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:** Jerry Dare (Tertulia Breakfast SIG)

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**April 27 (Wednesday)**

**Bridge Group**

Join us. We welcome new members. 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:** Steve Miller (Bridge Group SIG)

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**April 28 (Thursday)**

**Dinner Series:**

**Understanding the Amish**

REGISTRATION REQUIRED

The Amish are not only a popular religious minority but also one of the least understood in terms of its social, cultural, religious and economic dimensions. Joseph Donnermeyer, OSU Professor Emeritus, will describe the essential elements of their social organization. He will also examine how population growth and community expansion have implications for the sustainability of Amish society.

**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:** April 25

**Arranger:** Howard Gauthier (Dinner Series SIG)

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**April 29 (Friday)**

**Committee Meetings**

**Time/Place:** 9:00 a.m., Longaberger Alumni House—Drinko Conference Room, 2200 Olentangy River Road

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**April 30 (Saturday)**

**OSURA Family Day**

**Time/Place:** 10 a.m., OSU Faculty Club

**Cost:** On your own

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**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.

The always-engaging Johnny Steiner entertained the Dinner Series guests with hit songs of Nat King Cole.
NEW CHOICES: Not Your Parents’ Retirement

What can we do with the time we have after retirement? How do we continue to find purpose and meaning after we end our careers? Historically, we have never had as much time after retirement as we do now. In this workshop, we will discuss imaginative retirement planning and how to achieve balanced lives full of adventure and fun. We will explore commitments of work, self and family. In an interactive forum, we will apply lessons and psychology to the challenges and opportunities that lie beyond retirement.

Thursday, May 5, 2016
5:00 to 7:00 pm
WOSU Fawcett Center
2400 Olentangy River Rd.
Columbus, Ohio 43210

OSURA members had a fascinating tour of the OSU Biodiversity Lab in February.
2016 Annual Friends of Nursing History Lecture

Featuring
JOANNE SPOTH, RN
PRESIDENT AND CEO OF THE BREATHING ASSOCIATION

Learn how celebrated humanitarian Carrie Nelson Black’s vision forever changed the lives of thousands in our community through her service, innovative healthcare delivery models and philanthropy and how public health issues resulted in the development of public health nursing in our community. Since the establishment of the Instructive Nurses District Association in 1898, creation of the Society for the Prevention and Cure of Tuberculosis in 1906, opening of the Nightingale Cottage in 1931 to today’s free Mobile Medical Unit, The Breathing Association has been instrumental in meeting the healthcare needs of our community for 110 years.

This event is provided by the MHC Friends of Nursing History Steering Committee and the Ohio Nurses Association. 1.0 contact hour will be awarded to nursing participants. The Ohio Nurses Association (OBN-001-91) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Thursday, April 21, 2016
Reception at 4 pm; Lecture at 4:30 pm
OSU Health Sciences Library Medical Heritage Center (5th Floor)
376 West 10th Avenue, Columbus, OH
The Ohio State University Medical Center Campus

FREE and open to the public
Parking: We suggest parking in SafeAuto Hospitals Garage, conveniently located next to the Ross Heart Hospital.
Please visit http://go.osu.edu/mhcparking

In Memoriam

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George Paulson, MD, was born in Raleigh in 1930, and his heart remains in North Carolina. The Ohio State University has been kind to him ever since inviting him to Ohio in 1967, even forgave him and invited him back after he left for a decade to be the neurologist at Riverside Hospital.

As founding Chairman of the Department of Neurology he continued to see patients with movement disorders, not intestinal, but neurological problems, and published 300 scientific articles and 9 books. Recent publications have been historical, such as about the medical school and its luminaries including Dr. Art James who originated the cancer hospital, and Dr. J. F. Baldwin who created Grant Hospital. He has received more praise than was actually merited including two teaching awards from Riverside Hospital, Professor of the Year award from the OSU medical school, an OSU Distinguished Service Award, the Duke University award as distinguished graduate, and a special award from the alumni of the OSU medical school for teaching.

In retirement he volunteered as neurologist for the residual state hospital and the Columbus Free Clinic until spring 2015, and still feels the patient contacts were the best part of his professional life. He writes daily in his office at the Medical Heritage Center—unless membership in two book clubs, two medical groups, the Franklin County Hospital Commission Board, the State Library Board, history (Conestoga Society) or music (Opera Impresarios) groups mess up his day.

He and his wife, Ruth, emerita from the Dental School, are both in too many groups, and had too many children (5), to use OSURA effectively (but do love the OSURA Directory). They also cherish many OSURA members and admire all that OSURA does for them.

Mary Harrison had just returned home after attending the “Sleep in Health and Disease” lecture at the Martha Morehouse Medical Plaza and answered a telephone call asking if she would share her story for the Member Spotlight in the OSURA newsletter. This was one of the Special Health Events arranged by OSURA’s Health and Wellness SIG (Special Interest Group).

Mary retired in 1995 after 25 years at the OSU Medical Center, 15 of which was as director of social work. She then went on for 15 years assessing Ohio Medicaid waivers for a home care agency. Now that she is “fully retired,” she remains on the go. For instance, she continues her association with college classmates who started a book club 45 years ago! They have added a few others, in the meantime, but about 15 women meet once a month.

She also participates in the Senior Lifelong Learning series sponsored by the Central Ohio Technical College. One of its programs, “Elderquest,” offers movies every Tuesday afternoon in February and March at the Martin dePorres Center on the campus of the Ohio Dominican University. After seeing the movie, the participants (about 60 people) discuss the story itself as well as other aspects in its production. A recent movie, “Robot and Frank,” in which a robot is programmed as a caregiver to an elderly man, prompted the group to muse about care of the elderly in the future. Other programs offered in the Senior Lifelong Learning series are at facilities in Pataskala and the COTC in Newark.

Several years ago Mary decided to attend the OSURA Fall Conference to keep up to date on the benefits provided to retirees from The Ohio State University – and she found that she liked it. So she has been a regular attendee since then and says it is interesting and helpful.

So her life is full and OSURA is a part of it.
The Ohio State University

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Columbus, OH 43201-2190
osura.osu.edu

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The Planning Committee for the Fall Conference is putting together another excellent program.

SAVE THE DATE
September 13, 2016