President Drake’s Keynote Address

STUDENT WELFARE: Held Financial Literacy sessions to help guide students on financial management. Hosted an academic advisor summit to address academic advisor issues and provide support for the advisors who play an important role in the retention of our students. Students also want more advisors to help reduce the wait time for appointments with them. Students’ concerns about safety were addressed by adding more officers. Increasing psychological counseling access by implementing a new program entitled “One Day/One Week” (one day to receive a call back from a counselor and one week to schedule an appointment) to reduce critical reaction time.

COMMUNITY OUTREACH: The city of Columbus, with assistance from OSU in writing it, received a $40 million grant from the Department of Transportation to develop plans for new transportation initiatives. Additional matching funds increase the grant monies to approximately $100 million dollars. In other exciting news, OSU recently recognized OSU athletes who participated in the Rio Olympics and Paralympics.

PROMOTING SUSTAINABILITY: This was illustrated with examples such as the Buckeye Bullet electric car, capable of speeds of over 200 mph, and the Shoe’s No Waste Policy. The latter was reviewed by Prince Albert of Monaco during a recent visit, since Monaco plans to build a stadium using this model.

GIFTS AND GIVING: The Capital Campaign was very successful and exceeded its goal earlier than expected. Some donations were designated for such buildings as the CBEC Building, the new Jameson Crane Sports Medicine Institute, and the Brain and Spine Hospital. Pelatonia generated $120 million this year for cancer research. Dr. Drake ended by saying “The future looks bright; when you do things well it raises the bar for all. Thanks OSURA for all you do.”

POST-PRESENTATION QUESTION ON FOOD-INSECURE STUDENTS: Buckeye Food Alliance has invested $125 million over the next decade to address this issue. Some things are in place now, including the student food pantry, keeping food charges the same for the past two years, providing free Thanksgiving meals, and acting as a good community.

President Drake shared some OSU accomplishments of the year including:

ADMISSIONS: He visited 14 counties and 16 cities in Ohio. 49,900 students applied, up from 29,000 last year, with average ACT scores of 29.2. An Affordability Grant was created to help lower and middle income families, assigning $15 million for this year and $20 million for next year.
Greetings! As Mother Nature transitions to Fall... OSURA transitions continue too! We are making steady progress, and one area that is in place is the OSURA Communications, Contacts and Event Registration. Check out OSURA Website's new look. Please print out this page or pull out of your OSURA Newsletter to post with your Membership Directory or another prominent place. Check OSURA's Website and future Newsletters for further updates. Let's keep in touch!

Shirley Fields McCoy
President, OSURA Executive Board

OSURA Communications, Contacts and Event Registration Updates

**OSURA Website:** www.osura.osu.edu

- **OSURA Event Information:**
  - Free Event Registration: Information to register is online
  - Membership: Pay for your “Dues/Donation” by credit card
  - Charitable Donations to OSURA: Pay by credit card
  - Contact OSURA: Let us know your thoughts
  - Contact OSURA Board Members and Committee Chairs: Email addresses on the site

**Paid Event Registration:** Events Requiring Payment can be paid by credit card or check; however, you are NOT Registered until Payment is received.

- **Credit Card Payment**
  - You can call Customer Service to register: 614.292.2281 or 1.800.762.5646
  - Online at www.OSURA.osu.edu. Find the event and click on the registration link.
- **Payment by Check**
  - You must make the check out to: OSUAA and name the trip in the Note Section of the check.
  - Send or drop off the check to: **Customer Service**
    c/o OSURA
    Longaberger Alumni House
    2200 Olentangy River Road
    Columbus, Ohio 43210

**Free Event Registration:** These are events that do not require payment or direct payment to OSUAA. However, they may require payment to another party. You will need to read the Online Event Registration Requirements. Examples are Lunch Bunch, Tertulia, Health & Wellness and some Cultural Arts events.

- Go to www.OSURA.osu.edu
- Click on the Event, then read the registration requirements and follow the directions.

**General OSURA Questions:**

- Customer Service: 614.292.2281 or 1.800.762.5646
- www.OSURA.OSU.edu
- OSURA@osu.edu
The organization presented our former Office Manager, **Diana Lantz**, tokens of appreciation for all the work she has done for us.

### Welcome New Retirees

<table>
<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
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</thead>
<tbody>
<tr>
<td>Daniel L. Allen</td>
<td>University Controller</td>
</tr>
<tr>
<td>Charles M. Atkinson</td>
<td>School of Music</td>
</tr>
<tr>
<td>Thomas W. Baker</td>
<td>Central Campus Security Services</td>
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<tr>
<td>Francis E. Beckler</td>
<td>OARDC</td>
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<td>Mary E. Beckman</td>
<td>Linguistics</td>
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<tr>
<td>Kimberly A. Bednarek</td>
<td>Wexner Medical Center</td>
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<td>Cameron Begg</td>
<td>Materials Science and Engineering</td>
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<tr>
<td>Carolinda Belville</td>
<td>Wexner Medical Center</td>
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<td>Stayce A. Besst</td>
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<td>Hee-Byung Chai</td>
<td>Pharmacy</td>
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<td>Sharon S. Cook</td>
<td>Pathology</td>
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<td>Jeffrey A. Dheel</td>
<td>Facilities Operations and Development</td>
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<tr>
<td>Dan C. Ellerman</td>
<td>James Cancer Hospital and Solove Research Institute</td>
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<tr>
<td>Nancy L. Fitzwater</td>
<td>Wexner Medical Center</td>
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<tr>
<td>David C. Green</td>
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<tr>
<td>Marshall R. Haddock</td>
<td>School of Music</td>
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<tr>
<td>Elizabeth M. Hanawalt</td>
<td>Responsible Research Practices</td>
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<tr>
<td>Robert W. Hayes</td>
<td>Student Life - Dining Services</td>
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<tr>
<td>Eunice E. Hornsby</td>
<td>Legal Affairs</td>
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<td>Samson T. Jacob</td>
<td>Cancer Biology and Genetics</td>
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<td>Gary L. Jokiniemi</td>
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<td>Boyce D. Lancaster</td>
<td>WOSU</td>
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<td>Edward B. McCaul</td>
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<td>Elizabeth E. McPherson</td>
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<td>John A. Merrill</td>
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<td>Wexner Medical Center</td>
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<td>Mary H. Motley</td>
<td>Wexner Medical Center</td>
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<td>Karen L. Moyer</td>
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<td>Lawrence G. Murcko</td>
<td>Internal Medicine</td>
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<tr>
<td>Marcie J. Naber</td>
<td>Arts and Sciences</td>
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<tr>
<td>Luz Rivero</td>
<td>Center for Applied Plant Sciences</td>
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<tr>
<td>Bonita E. Sheaves</td>
<td>Student Life - Environmental Services</td>
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<td>Linda D. Solt</td>
<td>Wexner Medical Center</td>
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An Education Both “Liberal and Practical”: Is that Possible Today?

Speaker: Peter Hahn

By Mary McRury

Dr. Hahn described a history of education, beginning with the focus on a Classical education in Colonial times. There was an emphasis on religion, morality, and knowledge that were considered foundational to good government and happiness. With the onset of industrialization in the early 19th century, the need for a “practical” education gained prominence. The Morrill Land Grant Act of 1862 proposed a compromise, not excluding scientific and classical, while including agricultural, mechanic and military. In the late 19th century, there was a rise in the number of professional schools, using the university model. In the 20th century, core curricula were developed, evolving after the 1960s into choices for students, within a matrix of requirements. In the 21st century there has been a decline in student enrollments and graduations in humanities majors. The causes of the decline can be attributed to globalization and the 2008 recession.

The cost of higher education has motivated parents to encourage their children to regard college as a means to a job with a paycheck. Dr. Hahn presented data that demonstrates that philosophy majors may have starting salaries lower than those of business or engineering graduates, but over the course of a career, the salaries of philosophy majors are actually higher than those of engineers and business majors. He also suggested that the founding fathers’ emphasis on a classical education for the good of the country, weaving the fabric of democracy, may have been wise, especially in light of the current political climate.

Dr. Hahn outlined his 4-point strategy for increasing student humanities majors: curriculum reform, program innovation, facilitation of admissions and engagement in public discourse.

What’s New at the OSU Airport?

Speaker: David Williams, Dean of the College of Engineering

By Shelley Barden

The Ohio State University Airport, with the call sign of KOSU, is the fourth busiest airport in Ohio with 80,000 take offs and landings each year. Also known as Don Scott Field, it is one of only three airports in the United States to be owned and operated by a university. The OSU Airport has been partnering with the community to expand opportunities for the citizens of Ohio since 1942 and has remained relatively unchanged for 50 years. David Williams, Dean of the College of Engineering, stated that over 80,000 pilots will be needed in North America by the year 2033. In addition, he spoke of an air traffic control system that is very old and also in need of modernization.

Thanks to the Austin E. Knowlton Foundation, the airport will get $10 million for improvements that will maintain aviation education and research facilities. The gift will support construction of a modern flight terminal, hangars, and a new Flight Education Center with research labs, classrooms and state-of-the-art flight simulators. In addition, the University will extend the north runway by 6000 feet to provide local companies with the global marketplace. Groundbreaking is planned for autumn of 2017 and expected completion by 2018.
Our Lives as Brutus
By Shirley Fields McCoy

Who is your favorite nut? Mine is Brutus Buckeye…the ubiquitous mascot of The Ohio State University Buckeyes! Emily Moor Williams and Aaron Schmidt shared their stories about “being Brutus” as undergraduates.

It seems one of the toughest things about Brutus is that you can’t break character when you see family. Aaron shared that he was Brutus at a wedding, where he saw his aunt and just shook her hand thinking, “You know who I am.”

Effective Methods to Improve Balance and Maintain Independence

**Speaker:** Spencer Fee, Wellness Coordinator at Wesley Glen Retirement Community

By Susan Evans

Spencer (a Certified Personal Trainer through the American College of Sports Medicine) presented very practical information that participants could take away to practice/use at home. He shared resources available to participants via websites and classes with valuable information about how we can maintain balance and improve our agility as we age. A prime purpose of improving balance is to decrease our “fear of falling”. We all know that falls lead to serious injuries that have significant negative impact on our health and well-being.

Through class participation Spencer presented simple Balance Assessment tests. The assessments are designed to assess mobility by measuring the ability to stand up, walk and return to a starting position in a specified time. The longer the time for us to “Get up and GO,” the higher is our risk of falling. He also showed participants a 30-Second Chair Stand Test used to test leg strength by standing and sitting repeatedly for over 30 seconds. An average score below a certain number indicates a higher risk of falling. A 4-Stage Balance Test was also demonstrated to help assess static balance.

Spencer then presented information about exercises that would comprise a comprehensive Balance Program. These included exercises designed to narrow one’s base of support, displacing one’s center of mass by shifting weight, and minimizing contributions of the visual pathways. Tai Chi and yoga are exercises that combine both balance and strength training and also flexibility exercises. Video recordings of Wesley Glen residents helped to illustrate the performance of exercises. Spencer shared ways to integrate the exercises he demonstrated into daily life activities such as when standing, when crossing a room and/or when rising from a seated position in a chair.
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Friendship Village of Dublin
Guided Patient Services, Inc.
National Church Residences
The Forum at Knightsbridge
Wesley Glen Retirement Community
Westminster-Thurber Community

Other Exhibitors
Central Ohio Department of Aging/Franklin County Office on Aging
Danbury Senior Living – Parkside in Westerville
Retirement Funding Solutions
Western & Southern Life
Columbus Parks and Recreation
Honor Flight
Ohio Attorney General’s Office, Consumer Protection Section
OSU Alumni Association Tour Office
OSU Office of Distance Education and eLearning – Program 60
Ohio Public Retirement Systems (OPERS)
State Teachers Retirement System (STRS)
Volunteer Services – Wexner Medical Center and The James Hospital
William Shkurti, Author
WOSU Public Media

Medical Heritage Center
Members of the tour closely examining old medicine and elixir bottles
OSU Dance: Artistic Excellence at Home and Abroad

By Rachael Turner

Susan Hadley, Professor and Chair of the Department of Dance at OSU, brought eight of her students to the OSURA Conference to present their contemporary dances and explain their mission and accomplishments.

Dr. Hadley explained that the students not only come to OSU to learn more about dance, but also they come to OSU to be scholars in the various classes they take as undergraduates or in the graduate dance program. She encourages each of them to make his or her own future.

The students and Dr. Hadley were eager to talk about their trip to Brazil this past summer. They prepared for this 13-day trip to Salvador, Brazil by studying the language, history, and culture of the people of Brazil who live in that region of the world. The students told us how valuable that preparation was to their understanding of the people when they arrived in Brazil, and in their communication with them. Soon after their arrival, these OSU students presented a narrated program, which included 12 dances, for their audiences in Brazil.

During their session at the OSURA Conference, the students presented three dances, which were created by the students who performed them. A male and female who exhibited athletic movements from the martial arts created the first piece. The second piece, titled Sons of the Pioneers, was choreographed and performed by Charlotte Stickles. The third dance was performed by all of the dancers as a tribute to an artist from Black Mountain College. It was unique because there was no music, and the dancers were eloquent and skilled in their ability to perform by watching each other and being directed by each person’s movements.

Finally, the dancers answered questions from the audience. The audience was very interested in their future plans after graduation. They all agreed that their experiences at OSU would be very valuable after graduation.

The dancers stayed to answer questions from the audience

Chair Yoga: A Mind-Body Therapy

Speaker: Beth Steinberg

By Mary McRury

Yoga is about being in the moment and getting the body and mind in sync. Benefits are improved balance, relaxation, and increased blood flow.

Beth led the group in a series of yoga poses that can be done seated in a chair and standing, using a chair for support. The poses can also be done throughout the day. Included were the following: posture and alignment; breath awareness; 3-part breath practice; neck stretch; shoulders, chest and upper back movements and stretches; torso twist; hip rotation and stretch; legs, ankles, toes; and breath awareness.
November 10 (Thursday)  
Photo Society  
Program: “Environmental Portraits” presented by Zac Welch  
Member Theme: “Portraits” 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 or mail files on a new CD to arrive 3 days before the meeting (J. Huston, 4095 Fenwick Rd., Columbus OH 43220), or bring prints (at least 8”x10”) to the meeting. New members welcome...faculty, staff and friends  
Dues: $10 is due at this time; make check to: OSU Photo Society, mail to Martha Warren, Sec./Treas., 3502 Wenwood Dr, Hilliard, OH 43026; or bring to the meeting  
Time/Place: 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club. You MUST make reservations for dinner by calling 292-2262 by November 7.  
Cost: On your own; ranges from $10-15  
Arranger: Lawrence Kennedy (Photographic Society SIG)  

November 17 (Thursday)  
Lunch Bunch: Ins and Outs of OSU Athletics  
REGISTRATION REQUIRED  
Please join us for another exciting program about OSU sports. Our speaker will be Martin Jarmond, Executive Associate Athletics Director, Ohio State Athletics. He will be sharing inside information about what goes on between and during athletic events.  
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 15  
Arranger: Phyllis Carroll and Elenore Zeller (Social Committee)  

November 19 (Saturday)  
Walking/Hiking Group  
Challenge Level 2-4  
Everyone welcome. Join us on the trails at Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.  
Time/Place: 11 a.m., we’ll meet at the Ranger and Nature Center.  
Arranger: Hallan Noltimier (Walking/Hiking SIG)
November 22 (Tuesday)
Tertulia Breakfast
Join fellow 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:** Steve Miller (Bridge Group SIG)

SPECIAL EVENTS

November 5 (Saturday)
Noor islamic Cultural Center
**REGISTRATION CLOSED**
**Meet by:** 11 a.m., Noor Islamic Cultural Center, 5001 Wilcox Road, Dublin, OH
**Return:** 1 p.m.
**Arrangers:** Susan Bernston (Cultural Arts Committee)

November 6 (Sunday)
Opera on the Edge:
La Boheme
Shadowbox Live Backstage Bistro
**Challenge Level 1**
**REGISTRATION NOT REQUIRED**
A cabaret version of La Boheme...all the great arias in an intimate setting! Come early for a light meal or wine with the group. Call the box office at 614-416-7625, order tickets, and ask to join the OSURA (Benedict) party. Purchase tickets by November 4.
**Time/Place:** Arrive by 4 p.m. to order a light meal or wine; no later than 4:45 for 5 p.m. show. ShadowBox Live Backstage Bistro, 503 S. Front St.
**Cost:** $10 plus small service fee
**Arrangers:** Les Benedict (Cultural Arts Committee)

December 5 (Monday)
Lunch Bunch Holiday Buffet
Amelita Mirolo Barn
**REGISTRATION REQUIRED**
 Delicious food! Good fellowship! Awesome entertainment! Fun gifts! Beautiful prizes! All this will be yours at the Holiday Buffet.
**Time/Place:** 11:15 a.m., Sunny 95 Park, 4395 Carriage Hill Lane, Upper Arlington.
**Cost:** Bring a favorite dish (with serving utensil) to share. Meat, beverages, and tableware will be provided.
**Registration Deadline:** December 1
**Arrangers:** Phyllis Carroll and Elenore Zeller (Social Committee)

December 9 (Friday)
La Comedia Dinner Theater–
A Christmas Carol
Springboro, OH
**Challenge Level 1**
**REGISTRATION REQUIRED**
La Comedia Dinner Theatre, a taste of Broadway in Springboro, OH presents “A Christmas Carol.” Included is La Comedia’s buffet.
**Meet by:** 9:30 a.m. back parking lot at Kohl’s, 3360 Olentangy River Road
**Return:** 5 p.m.
**Cost:** $74; includes motor coach transportation, buffet lunch, admission and tips
**Registration/Refund Deadline:** November 9
**Arrangers:** Jessica Pritchard and Karen Kitts (Travel Committee)

September 2 – 10, 2017
The “Magnificent”
Canadian Rockies
Vancouver, Jasper, Lake Louise, Banff, Calgary
**Challenge Level 4**
**REGISTRATION REQUIRED**
We’ll take a tour of Vancouver, ride VIA Rail’s “The Canadian” to begin overnight train travel to Jasper, travel along the Icefields Parkway en route to Lake Louise and Banff... and finish our adventure in Calgary. Full itinerary is at gateway. gocollette.com/link/766996 and in registration packet. Contact Karen Gallien of Sun Deck Cruises at (877-855-4434) for registration packet.

**Depart:** TBA September 2, 2017 (Saturday) from CMH
**Return:** TBA September 10, 2017 (Sunday)
**Cost:** $5,199 double, $6199 single, $5149 triple; includes round trip airfare from Columbus (air available from your local airport – cost may vary), taxes and fees, transfers, tours, lodging, 13 meals, sightseeing per itinerary, cancellation waiver, and insurance
**Registration/Payment Deadline:** $600 deposit due with reservation form by February 23, 2017, first come, first served; final payment due July 4, 2017.
**Arranger:** Alabelle Zghoul (Travel Committee)
Senior Scams

Speaker: Danielle Murphy, Consumer Educator, Consumer Protection Section, Ohio Attorney General's Office

By Meg Teaford

BACKGROUND: The Consumer Protection Section receives about 27,000 complaints from Ohio consumers each year. While the top complaint concerns motor vehicles, Number 7 is Identity Theft and Number 8 is Scams, often against older adults. About 30% of all reports of fraud involve older adults.

Why are seniors targeted by scam artists?

• Seniors tend to be more polite and more trusting than other consumers.
• They tend to have more financial assets.
• They are less likely to report suspected fraud, partly because of embarrassment.
• They are more likely to be living alone and be more isolated than younger consumers.

Red Flags. The following should be of concern, especially in terms of telephone or Internet contact:

• Any requests for wire transfers or prepaid gift cards
• Any requests for personal information or numbers
• Pressure to act immediately (i.e. you must send this right now)
• Any requests to keep conversation secret

Among the types of fraud and scams targeting older adults are:

• Imposter scams such as automated calls claiming to be from the IRS and demanding payment
• Prizes from sweepstakes that you never entered and which demand you send fees in order to collect prize
• Computer Repair Scam in which caller asks to take over control of your computer to “fix” problems
• Caregiver scams in which those caring for or helping you gain access to personal information or property (such as jewelry) while in your home
• Identity Theft which may be used to open new credit card accounts or to empty bank accounts

To report suspected fraud, contact the Ohio Attorney General’s Office at 800-282-0515 or on-line at www.OhioAttorneyGeneral.gov.
Explore the Wexner Center

**Speaker:** Shelly Casto, Director of Education, Ohio State Wexner Center

By Joan Leitzel

Shelly Casto opened this session by briefly reviewing the history of the Wexner Center and its current building which replaced the classic Armory on the OSU campus in 1989. She discussed the competition to choose an architect and the goals of Peter Eisenman, the architect chosen by the University. She then used videos to show how the current building reflects features of the Armory.

Shelly moved next to the Center’s programs, starting first with the permanent exhibitions that were installed early and will remain, including Maya Lin’s Groundswell. She then described the wide range of activities at the Center such as the film offerings and the programs with film makers, performances in the Performing Arts including those provided by the Ohio State Dance program, travelling exhibitions that each come in for several weeks, educational programs both on campus and in Columbus neighborhoods, Super Sunday specials, and different themes that have been identified, for example, Art and Ecology. She encouraged everyone to be attentive to the Center’s calendar and to participate in the various programs.

Shelly Casto, Director of Education at the Wexner

Shelly left time for questions and discussion. The audience was clearly engaged, appreciative, and reminded how fortunate the entire community is to have the Wexner Center at Ohio State.

Critical Issues Facing Lake Erie

By Jerry Newsom

Just as OSU is a Land Grant institution, we also have a Sea Grant program, thanks to the presence of Lake Erie on Ohio’s northern border. Thirty-three of these NOAA-funded programs are housed at universities in states that border oceans or Great Lakes. If any attendees at this session expected Lake Erie was not in need of intensive study and better care, they soon learned otherwise. The reasons are many. About 30% of the tourism dollars in Ohio are spent in the counties bordering the lake, income that is threatened if we fail to take proper care of its waters. Lake Erie is a source of drinking water, and when toxic cyanobacteria contaminated Toledo’s municipal water supply expensive remediation effort was required.

The shores of Lake Erie are dominated by agricultural and residential land, not the forests and wetlands typical of the other Great Lakes. This results in much greater runoff of contaminants (especially phosphorus) from fertilizers, manure, and sewage, which, when combined with the fact that Lake Erie is relatively shallow and contains much less water, creates a much greater concentration of pollutants. Climate change makes storms more frequent, greatly increasing episodes of runoff over the last half century. Phosphorus flowing into a lake is not all bad. The diatoms and green algae growing in spring and early summer are the base of the food chain that makes Lake Erie the most productive fishery among the Great Lakes. But pollutants from the Maumee River in particular can produce thick green scums by late summer.

Remediation efforts continue; the Great Lakes Water Quality Agreement between the United States and Canada calls for a 40% reduction in phosphorus loading of the Great Lakes. OSU’s College of Food, Agricultural, and Environmental Sciences is finding ways to cut the agricultural sources of pollution (think removing phosphorus from manure before it is put back on the land for fertilizer). Using phosphorus-free fertilizer on our lawns is a way we can do our part to improve water quality.

The conclusion: We must take better care of Ohio’s part of the Great Lakes. The need is urgent; the solutions compelling.
OPERS UPDATE 2016: The New Delivery for OPERS’ Medicare Members

**Speaker:** John Francescone and Arlene Johnson, Health Educators

By Michele Hobbs

If you need to make changes to your beneficiary due to various reasons (divorce, remarriage, or the death of your beneficiary) you can do so in your online account.

After your death, your years of service will be the deciding factor as to the amount your beneficiary will receive.

They handed out a flyer that highlighted what to do prior to age 65.

Approximately six months prior to age 65 you will receive an announcement letter regarding signing up for Medicare, learning about OneExchange, enrolling in a medical and pharmacy plan, and knowing what to expect next.

Approximately three months prior to age 65 you will be requested verification of Medicare enrollment and signature confirming Medicare Part B is not being reimbursed by another source. Provides allowance amounts for 2016, 2017 and 2018 including the Board-approved $300 additional deposit. This includes Understanding the basics: Medicare and the OPERS Medicare Connector.

Approximately three to four months prior to age 65 you will be sent an Enrollment Guide that explains how to evaluate your needs and options. Introduces “My Account and Personal Profile” on the OneExchange website where you can compare plans and prepare for your enrollment call. Includes a final checklist for enrollment, a notes section and frequently-asked questions.

Within three months prior to age 65 make an appointment call:

- **Appointment Call:** Complete your OneExchange profile and schedule your enrollment call.
- **Enrollment Call:** Review options that best suit your needs and enroll in a Medicare supplement plan.

### DEATH BENEFIT SCHEDULE

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<tr>
<td>At least 15, but less than 20</td>
<td>$1,500</td>
</tr>
<tr>
<td>At least 20, but less than 25</td>
<td>$2,000</td>
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<td>25 or more</td>
<td>$2,500</td>
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The laws that create and govern STRS-Ohio neither promise nor fund health care. The projected solvency period for the systems Health Care Fund has dropped to 15 years due to increasing health care claims payments and the lack of a dedicated source of funding for health care. The STRS-Ohio Health Care Program was detailed in the July letter sent to all STRS members. It included complete tables of premiums for the health care plans offered. Further information detailing 2017 plan options and monthly premiums will be mailed in October in preparation for the fall open enrollment period, November 1-22, 2016. Design changes of special note to meet these challenges are:

- Eligibility for survivors, beneficiaries, and dependents
- Subsidy changes for non-Medicare benefit recipients
- Phasing out Medicare Part B premium reimbursement over a 3-year period, beginning in 2017
- Tweaking co-payments for visits, prescriptions, etc.

In addition, STRS-Ohio staff reviewing premiums and plan information will conduct Health Care Program meetings. 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 Members Services Center.

Fall open enrollment in STRS-Ohio’s Health Care Program will run from November 1 through 22, 2016.

Precision Cancer Medicine at The James

Speaker: Dr. Sameek Roychowdhury, Physician Scientist

By Susan Evans

Dr. Roychowdhury talked about Science and the Art of Medicine by first defining “What is Precision Medicine?” He shared that the mission of Precision Medicine is to determine the precise right drug for a patient and ways to improve that therapy. The development of classifying cancer and using genetics to understand how cancer occurs via genetic mutations opens the opportunity to figure out how to stop the process of cancers proliferating and invading other parts of the body (metastasizing). Traditional methods of determining treatment options (i.e. in 1998) for patients with various types of cancer typically involved offering options without a clear understanding of which option might be most beneficial.

The investment in research has led to a return of $141 for every dollar invested, has created more than 310,000 jobs and has enabled the PRECISION MEDICINE INITIATIVE. This initiative is changing our view of cancer. The goal is to allow customization of cancer treatment based on the type/genome of the cancer being treated.

At the James we are conducting Precision Medicine Trials based on tumor genomics and working to understand the response to certain treatments as well as resistance to treatment. The development of a different disease classification (Precision Taxonomy) is aimed to test cancers’ genomics and to develop “smart drugs” for specific gene rearrangements. If we can change the classification of cancers we can change the therapies to allow for specific targeting. The impact of the new research methods and studies of Genomics is a shortened time from genome mapping to treatment. This personalized therapy leads to improved survival.

The type of cancer patients have and the stage of their disease will determine if they are a candidate for genetic testing. Testing is typically done for later stage cancers since most therapies have “off target” effects. Using advanced genomic testing, it is expected that 40-70% of patients will have mutations that are biologically relevant in cancer. Approximately 10% will have genomic alterations that lead to new therapy, and about 3% will have “germline alteration” that may confer inheritable risk. As more testing occurs more trends will be observed and more clinically actionable alterations will occur. There is a Drug Development Institute at OSU, which promotes the ability of the James to closely collaborate with those who actually develop drugs. This was a fascinating presentation.
Where Have All of the Radicals Gone?

Speaker: William Shkurti

By Donna Lamb

Bill gave us a journey down memory lane, beginning with the relative calm on campus in the early 1960s to the violence that erupted, leading to the closure of the campus in the spring of 1970. On April 14, 1965, a newly formed student group organized a rally to “force” the abolishment of the “Speakers Rule” which they felt was a violation of free speech. This rally mirrored the protest that became violent in Berkeley in the fall of ’64. Bill gave a variety of examples of protests during that period and the student organizers who led them. Their activities and backgrounds were described, as were the consequences they suffered, both from the University administration and outside law enforcement. He gave us a look at these individuals’ accomplishments during their time as leaders and, since that time, what they are doing now.

Some examples included a campus radical that became a lawyer and later was chosen to meet with the prisoners during the Lucasville riot of 1993, and a Vietnam veteran B.A. student who led strikes when he returned to campus, then earned a Ph.D. and became a veteran’s advocate. One student campus leader became a four-term mayor of Cleveland and now owns an alpaca farm and winery! A Lantern reporter, whose controversial reporting landed her in trouble, later became a Pulitzer Prize nominee for her work on the Tuskegee Experiment.

Another campus leader, journalism major Bob Stine (1965), editor of the Sun Dial, a student humorist paper, became R.L. Stine, children’s book author. Bill ended by saying that the former students are glad for what they did during their time at OSU. The University came out of a very difficult time feeling better about themselves for listening and making needed changes that reflected the times.

Paying Forward – Volunteering at Ohio State University

By David Crawford

Looking for a rewarding volunteer opportunity that capitalizes on your knowledge of the University and fittingly caps off your Ohio State career? Few volunteer positions are better suited for OSU retirees than the hundreds of volunteer opportunities offered on campus, including the James Cancer Hospital and Wexner Medical Center.

Attendees at the annual conference learned about volunteering on campus during a session hosted by Michell Domke, Nadine Holmes, Kathleen Kiene and Margaret High-Thomas, coordinators of volunteers and volunteer activities at OSU.

Volunteer Match (www.volunteer.osu.edu), is the online gateway for obtaining information about current volunteer opportunities at Ohio State or to begin the sign-up process. Retirees, because of their knowledge of the University, its mission and values, are often well-prepared for volunteer opportunities assisting students, patients and visitors.

Volunteer opportunities can require as little as a few hours a week on a continuing basis, or you can choose to help at periodic campus events as your schedule permits. Because of the flexible scheduling and the location of regional campuses and University facilities, volunteering for Ohio State is also possibility for retirees who live outside central Ohio.
In Memoriam

George Paul Crepeau  
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Josann “Annie” Duane  
September 19 | Engineering, 72

Sally K. Ebling  
September 27 | County Extension, 82

Josephine Hardin  
September 20 | Wexner Medical Center, 72

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October 6 | Research, 79

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September 17 | Central Receiving, 88

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David Baxter Selby  
October 13 | Center for Teaching Excellence, 78

Clara C. Spath  
September 22 | County Extension, 81

Leticia A. “Letty” Thompson  
October 14 | Wexner Medical Center, 91
Help Plan the 2017 FALL CONFERENCE

The OSURA Conference Planning Committee welcomes new members. Please either email or call Rachael Turner at turner4931@live.com or 740-881-1088.