

OSURA News



THE OHIO STATE UNIVERSITY

December 2022

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614-292-2281 • 1-800-762-5646 • osura@osu.edu • osura.osu.edu

Let's Start at the Very Beginning

By Nancy Wardwell

It is hard to believe that it has been almost 60 years since we first saw *Sound of Music* and heard "Do-Re-Mi" - among the other wonderful Rodgers and Hammerstein songs, all now classics.

Julie Andrews and her daughter Emma Walton Hamilton have written more than 30 picture books together. Their latest is *The First Notes: The Story of Do, Re, Mi*. It is the story of the little-known Benedictine Monk, Guido d'Arezzo, who lived c.1000 A.D.



Guido is regarded as the inventor of the music staff notation that has had massive influence. If you ever took a music lesson it boggles the mind to imagine how you'd proceed without those notes on those five lines! The pages in the John Thompson series would have been blank!

Apparently, Guido loved and studied everything music - and began to wonder why music couldn't be written - like words

in books! He noticed then, that the hymns they were singing really had just 6 basic notes in varying arrangements!

He took a piece of parchment and made a mark to represent the lowest tone ■, then stacked on the next five tones. He drew lines between like climbing a ladder.

The marks needed names. His favorite hymn, *Ut queant Laxis* had the six tones, so he took the first syllable from each line: Ut-re-mi-fa-sol-la. (Ut later became "Do")

Now that each tone had a name - you could READ music - and you could TEACH music!

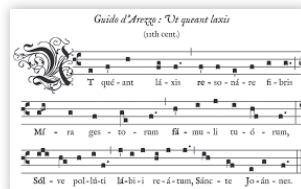
Guido's favorite hymn:

*Ut queant laxis
Resonare fibris
Mira gestorum
Famuli tuorum
Solvipolluti
Labbii reatum*



Our high school Latin won't help much with Medieval Latin but loosely translated, it may be:

***So that your servants may,
With loosened voices,
Resound the wonders of your deeds.
Clean the guilt from our stained lips.***



The OSU Men's Glee Club performed during our Fall Conference lunch. As part of the wonderful presentation Dr. Bob Ward, the director, explained the hand signs that developed to represent the notes. Music can be taught to singers who cannot "read" music. (See p. 12 of OSURA Nov. '22 Newsletter)

The square notes have become rounded and can now indicate duration of the tone. The ladder has become the familiar staff - and music has evolved into intricate, complicated - and often beautiful art form.

This is the season that may be the best opportunity to sample the many styles and expressions. It is easy to find listings for major, professional "downtown" performances, but our friends and neighbors are also in groups that produce very enjoyable music in our communities. Here are some you might enjoy!

Hilliard Arts Council December 9-11
Dublin Wind Symphony..... December 11
Central Ohio Symphony..... December 11
New Albany Symphony December 17-18
First Congregational..... December 18

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Newsletter Editor

Nancy S. Wardwell

FROM: The President

Greetings to my OSURA colleagues. I hope that all are doing well and have received their COVID boosters and annual flu shots.

The Executive Board meeting on November 8 was special. I had invited the Executive Director of STRS Ohio, William Neville, to attend. He was accompanied by Marla Bump. William presented us with copies of the first Summary Annual Financial Report (SAFR) of the State Teachers Retirement System of Ohio (STRS Ohio).

The SAFR is entitled "Partnering with Our Members in Helping to Build Retirement Security," and covers the financial year ended June 30, 2021. SAFR is a reader-friendly summary of the more detailed "2021 STRS Ohio Annual Comprehensive Financial Report (ACFR)." The ACFR can be accessed on the STRS Ohio website at [https://urldefense.com/v3/_http://www.strsoh.org_!!KGKeukY!03bWeWDcjYSp5r2x-CJ-EOc4dhIRikjszVwtAh8tS2EbQ_ERSKTR1QWREnYQDte7-Og-0cUJRENb2yesmvvkesE\\$](https://urldefense.com/v3/_http://www.strsoh.org_!!KGKeukY!03bWeWDcjYSp5r2x-CJ-EOc4dhIRikjszVwtAh8tS2EbQ_ERSKTR1QWREnYQDte7-Og-0cUJRENb2yesmvvkesE$). The SAFR is available at the same website or call member services at 1-888-227-7877.

Enough! Stay well and have happy holidays.

Hallan C. Noltimier

President of OSURA



Help Keep OSURA Strong

It's nominations time!

Do you know someone who
would make a good officer *or* a
Nominations Committee member?

Send names to:

Vice President Sally Dellinger

Dellinger.1@osu.edu

FEEL FREE TO NOMINATE YOURSELF!

Welcome New Retirees

Stephen Bail Marion	Toni Greenslade-Smith Student Life	Tammy McKinney University Hospital	Reuben Sulc FAES
Richard Bednarski Veterinary Medicine	Ulrich Heinz Natural and Mathematical Sciences	Suzanne Mills-Wasniak FAES – OSU Extension	Denise Taylor James Cancer Hospital
Judith Berger University Hospital	Reza Heshmati Dentistry	Renee Mong Ross Heart Hospital	Sandra Taylor University Hospital
Lisa Binzel James Cancer Hospital	Cherry Jewell University Hospital	Diana Morawetz Chief Information Officer	Philip Tyl University Hospital East
Nerissa Cheng James Cancer Hospital	Linda Jones University Hospital	Julianne Mueller Ross Heart Hospital	Meade VanPutten Dentistry
George Cooley University Hospital	Brian Keller Arts and Sciences–Administration	William Orosz Health System – Shared Services	Debra Walters FAES – OSU Extension
Kathy Creamer Health System–Shared Services	Douglas Kerr Engineering	Brian Peppel University Hospital	Sandra Whitcraft Ross Heart Hospital
Roger Downer FAES	Joyce Lopez University Hospital	Christine Pollard University Hospital	Kimberly Wilson Academic Affairs Administration
Teresa Flohre University Hospital	Mark Loux FAES	Sandra Ramirez James Cancer Hospital	Roger Wilson Business Advancement
Robert Gibbs University Hospital	Sheila Marsh University Hospital	Jeff Rice Business	John Winters Ross Heart Hospital
Marjorie Gilbert Advancement – Strategy and Administration	Donna May FAES – OSU Extension	Regina Roberts University Hospital	Kathleen York Nursing
Judith Grant Student Academic Excellence	Patricia McBeth Advancement – Development	Ratnasingham Sooryakumar Natural and Mathematical Sciences	

Membership Renewal Drive Nears Completion

Rejoin as an Annual Member to keep in touch with fellow Buckeyes through the OSURA Newsletter and other creative programming. Renew by December 31 to keep the door open to numerous social, cultural and education events.

Dues (paid as a donation to the OSURA Membership Support Fund #315499) are still only \$25. Easy payment options include:

- ✓ Go to OSURA.osu.edu and hit “Renew Membership” to make your \$25 annual donation to Fund #315499 via credit card.

- ✓ Give the Engagement Center your credit card information at (614) 292-2281 or (800) 762-5646. Tell them it is for Fund #315499.
- ✓ Send checks payable to The Ohio State University Foundation to PO Box 710811, Columbus, OH 43271 (note OSURA Fund #315499 in the memo line). Be sure to mail your check by December 15 to allow time for receiving and processing before December 31.

If you have questions, email osuramembership@gmail.com or call Sandy Bell, Membership Chair, at **740-625-9716**.

Calendar of Events

COMMITTEE MEETINGS

December 6 (Tuesday) Benefits Committee

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

December 13 (Tuesday) Board Meeting

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

MONTHLY ACTIVITIES

December 9 (Friday) Lunch Bunch – *Holiday Fun and Games* Special Holiday Event

Please join the OSURA Lunch Bunch for Fun and Game Activities to celebrate the season with hands-on fun starting at 12 noon. Bring a wrapped gift valued at \$5 to participate in our exchange.

Time/Place: 11:15 a.m., MCL Cafeteria,
Kingsdale

Registration Instructions

- 1. Registrations requiring payment:**
Registrations can be made by going on-line to osura.osu.edu or by calling **614-292-2281** or **1-800-762-5646**. Your registration is not complete until payment is made, so have your credit card ready. Checks are no longer being accepted.
- 2. Registrations NOT requiring payment:**
Registrations will be made through the Arranger's email provided in the description of the event.

CHALLENGE LEVELS

- 1 Light** – may include a few stairs.
- 2 Moderate** – may include a few sets of stairs.
- 3 Moderate +** – may include climbing many stairs and/or uneven terrain.
- 4 High** – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.



OSURA members were most impressed with the OSU Crane Sports Medicine Complex.

Cost: On your own, order through cafeteria line starting at 11:15 a.m., program at approximately 12 noon.

Contact Person: Steven D'Ambrosia (steven.dambros@gmail.com) & Elenore R. Zeller (zellerej@prodigy.net – Social Committee)

December 29 (Thursday) Walking/Hiking Group

Challenge Level 2-4

Everyone welcome. It will be a 2-1/2 to 3 mile hike at Prairie Oaks. It will be a pet friendly hike. We will grab a late lunch or early dinner afterwards if people are interested.

Time/Place: 1 p.m. – Prairie Oaks Metro Park, Sycamore Plains Area, 2009 Amity Rd, Hilliard

Arranger: Sandy Bell (sib9716@outlook.com/ cell 740-833-6374 – Walking/Hiking SIG)

December Photo Society

No meeting this month...look for us in January.

December Dinner Series

No program this month.

Book Club

We are taking a break for the holidays. On our return, in January, our *You Are There* play will be for the historical fiction book *The Personal Librarian* by Marie Benedict and Victoria C. Murray.

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

SPECIAL EVENTS

December 1-2 (Thursday) Oglebay Overnight Trip

Wheeling, WV

Challenge Level 2

REGISTRATION REQUIRED

We'll stay overnight at the lodge; have a self-guided tour of Good Zoo, Mansion Museum, Glass Museum, and the Schrader Environmental Center. Then we'll enjoy a dinner buffet, dinner show, breakfast buffet, and a guided tour of the Festival of Lights.

Meet by: December 1 at 8:45 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)

Return: December 2 at 4:30 p.m.

Cost: Single-\$304, Double-\$257, Triple-\$241, Quad-\$233; cost includes transportation, lodging, baggage handling, dinner buffet, dinner show, breakfast buffet, tours, snacks, lunch, and tips.

Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by Oct. 28.

Arrangers: Alabelle Zghoul and Judith Brandt (alabelle.zghoul@gmail.com – Travel Committee)

December 17 (Saturday) BalletMet – *The Nutcracker*

Challenge Level 2

REGISTRATION REQUIRED

Treat your family to this enchanting story.....perfect for ballet and theatre lovers of all ages. This wonderful performance is bursting with moments of laughter, delight, and magic.

Time/Place: Box office opens at 12 noon. Seating is general, so plan to arrive early for best seats. Performance begins at 2 p.m., Ohio Theater, 39 E. State St.

Cost: \$25.20 (admission ticket)

Registration/Refund Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by December 8. Credit card preferred. Tickets will be held at Will Call.

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

✿ In Memoriam ✿

Edward Adelson

October 22 | Physics and OSURA, 88

Shirley Joe Algoe

October 28 | OSUMC, 85

David Barco

October 8 | Ohio Extension Board, 87

Gary Franklin Clark

October 12 | Veterinary Clinic, 77

Catherine Jean Drake

October 3 | 70

Sarah Ruth Fleming

October 1 | OSUMC, 74

Jeff Froyd

October 5 | Electrical Engineering, 69

Bryan Paul Hartley

October 23 | OSU Extension, 91

Gene A. Hughes

October 18 | Physical Facilities
and OSURA, 83

Albert Oscar Humbertson, Jr.

November 1 | Anatomy, 89

Rebecca Dorothy Jackson

October 11 | OSUMC, 67

Harry J. Lehman

October 5 | Moritz College of Law, 87

William G. Lowrie

October 8 | Foundation Board
Directors, 78

Vincent Miller

October 30 | Athletics, 72

Charles Newell

October 5 | Athletics, 88

Robert Eugene Nutter

October 18 | 100

James Alan O'Brien

September 1 | English, 88

Marjorie Jo Perkins

October 27 | 68

Kenneth Redman

October 8 | Maintenance OSU Lima, 82

David L. Rogers

October 20 | Optometry, 76

Lee Thomas Seward Sr.

November 2 | Athletics, 70

Anthonia Adesiyan Soboyejo

October 14 | Biology, 82

Frederick Dosier Stocker

October 3 | Economics and
OSURA, 95

Mark Studer

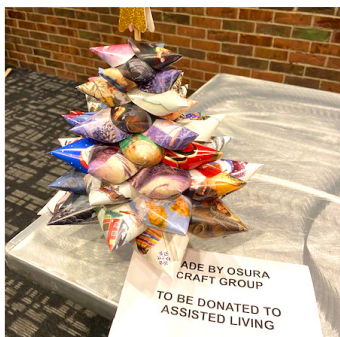
October 9 | Physics Lab, 63

William Sullivan

October 9 | English OSU Lima, 84

Larry Richard Zay

October 3 | Dentistry, 78



Handcraft Special Interest Group

Hundreds of used Christmas cards recently found new life as colorful holiday trees, thanks to members of the Craft Group. At three recent meetings, they cut, hole-punched, folded and stapled the donated cards to make trees to brighten senior living facilities in the Columbus area this season.

The group also made several trees to decorate refreshment tables for the Columbus Landmarks Foundation's Great Hallelujah Tour of downtown churches in early December.

Organizer Mary Cull said it takes 49 cards to make one tree, and that the members also made small trees from wrapping paper. Contributions of entire cards or just the fronts are welcome for next year. Contact Mary at marycull.4@gmail.com for information.

COMING IN 2023

January 26, 2023 (Thursday)
**Dinner Series: Lessons
Learned from Centenarians:
Healthy Lifestyle Behaviors
and Factors that Lead to
Longevity**

Speaker Bernadette Mazurek Melnyk, Vice President for Health Promotion, University Chief Wellness Officer Dean and Professor, College of Nursing. This presentation will highlight factors that predict longevity. Key strategies for living long healthy lives will be discussed.

Time/Place: 5:15 p.m. reception, 6 p.m. dinner, 7 p.m. lecture; OSU Faculty Club
Cost: \$35 (service charge included)

Registration Deadline: Register at osura.osu.edu or call 614-292-2281 by Jan. 23.

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

FROM: The Benefits Committee

OPERS *Fact*

OPERS is **one** of the **five** Ohio public **pension systems** developed in 1935, predating Social Security.

OPERS Report

By Darian Torrance

The OPERS Board met in October and voted to approve the following action items:

- Certification of the 2022 OPERS Board Election Results
 - Steve Toth was elected for one of the Retiree Representative positions, with 35,120 votes. Ron Wilinski received 6,864 votes. The new Board term begins in January 2023.
 - Of the total eligible to vote (186,464) for Retiree Representative, only 42,047 or 22.55% voted. Most votes (85.67%) were submitted via US Mail.
- The 2023 Operating, Administrative and Capital Budgets were approved.

Staff presented the following updates to the Board:

- Open Enrollment Staffing Changes were reviewed. Enhancements included:
 - Revamped interview and screening process for positions
 - Hiring 5 weeks earlier than in 2021
 - Increased Technical Support Customer Service team from 15 to 20 positions
 - Introduced a new role to support the Pre-Medicare population
 - Set overtime expectation for better planning and morale
 - Reduced inbound call hours. Calls are now accepted between 8 a.m. and 7 p.m.
 - Provided structured licensing training and group activities
- Changes were implemented to the Virtual Hold for inbound calls. Staff has also implemented the ability to send text reminders for upcoming enrollment appointments.

- In Ohio, healthcare carriers are expected to increase rates by 8 – 10%.
- Nine carriers offer coverage in Ohio. Retirees in most counties have at least three carriers from which to select coverage. Six Ohio counties have only two carriers that offer coverage. These are located in the southeastern portion of Ohio as well as in Ashland and Knox Counties.
- Open Enrollment dates are: Medicare Eligible Retirees - Oct. 15 – Dec. 7, 2022.
- Pre-Medicare enrollment assistance is offered by Via Benefits from Nov. 1 to Dec. 15, 2022.
- Karen Carraher, OPERS Executive Director, reported some of the highlights from the Inflation Reduction Act, including:
 - Starting in 2023, all vaccines covered under Medicare Part D, including the shingles vaccine, will be provided to seniors at no cost.
 - The cost of insulin will be capped at \$35 per month for most seniors.
- The Executive Director also reported that the U.S. "House Ways and Means Committee reported the bill H.R. 82, which prevented the bill from moving forward. They cited the significant costs associated with repealing the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). The Committee will be considering other options, such as reforming the WEP so that it more accurately reflects individuals' work histories."

Get out and get moving this winter with the OSURA Walking/Hiking Group!

By Sandy Bell

Join the OSURA Walking/Hiking Group for some fun and fellowship as we explore the parks and natural areas in Central Ohio and the surrounding areas. Come out and work off some of those holiday meals and get ready for the new year!

December 29 at 1 p.m.: **Prairie Oaks Metro Park**, Sycamore Plains Area, 2009 Amity Road, Hillard; 2-1/2 to 3 mile mostly easy hike; pet

friendly; socialize with an early dinner afterwards possible.

Come out to welcome in the new year and start on those New Year Resolutions!

January 6 at 1 p.m.: **Blacklick Woods Metro Park**, Nature Center Parking Lot, 6975 E Livingston Ave, Reynoldsburg; 2-mile easy hike; socialize with an early dinner afterwards possible.

February 4 at 1 p.m.: **Blues Creek Park**, last parking lot, 9627 Fontanelle Rd, Ostrander; 2-1/2 mile easy hike; pet friendly; socialize with an early dinner afterwards possible.

I would like to hear from you. If you have a favorite place to hike or a new place that you want to try, let me know so we can plan an outing there. Send me an email at sib9716@outlook.com or call me at 740-833-6374.

Leisure Activities for Older Adults with Dementia

By Meg Teaford

At our last Benefits meeting, Darian Torrance gave me an article on the use of horse therapy with older adult dementia patients. This reminded me how important it is to provide enriching activities for both the dementia patients and their caregivers. The article from the *Washington Post* of July 29, 2022, reported on activities at an equine therapeutic riding center in Mason Neck, Va. The program connected with an assisted-living center to work with older adults with cognitive decline. The concept is to engage with the horses on many levels including helping to feed and groom the horses, writing poetry, making horse treats, and even “painting” the horses to connect with the animals. The horses are specially trained to interact with people of all ages who have physical, cognitive, and emotional disabilities.

Researchers in Great Britain have been studying the importance of physical activity in dementia care. A recent article¹ built upon what we already know about the impact of physical activity on functional and mental health among older adults in general. Using in-depth interviews with dementia patients, their caregivers, and professionals, additional benefits were identified. Although interviewees expressed concern about the risk of falling, most agreed that staying well was important. Physical activity also helped to maintain identity (feeling like a normal person in the community) and was used to fight loneliness and isolation because it was often a social activity. Caregivers

also described physical activity as a “way to be connected to the present.” It is a way to fight the hopelessness of the diagnosis, especially among those who were gardening. Professionals identified physical activities to show that they were delivering “good care.” The article concluded that this was a way to improve the physical and mental health of both the patients and their caregivers.

An article from Florida Atlantic University² looked at the benefits of physical exercise on cognitive function as well as improvements in activities of daily living such as bathing, dressing, eating, toileting, and grooming in a review of 64 research articles. Most of the studies on Alzheimer’s disease patients focused on home-based exercise programs or those done in a group setting. Findings suggested that patients did better with structured home exercise which led to a reduction in falls. Other studies showed the benefits of exercise on functional outcomes such as gait speed, walking endurance, balance, and muscle strength. There did not appear, however, to be benefits in terms of improved cognitive function, depression, or behavioral symptoms.

¹Goncalves, A-C., Marques, A., Samuel, D., and Demain, S. (2020). Outcomes of physical activity for people living with dementia: qualitative study to inform a Core Outcome Set. *Physiotherapy*, 108, 129-139.

²Park, J. and Cohen, I. (2019). Effects of Exercise Interventions in Older Adults with Various Types of Dementia: Systematic Review. *Activities, Adaptation, and Aging*. 43, (2), 83-117.

FROM: The Benefits Committee

STRS Report

By Jerry Newsom

Occasionally an STRS retiree asks me what the chances are that we’ll get another COLA next fiscal year. It doesn’t look good. Planning at STRS assumes an investment return of 7% each year, and last fiscal year the actual return (-3.6%) fell short by 10.6%. The first three months in this fiscal year (which started in July) had discouraging returns. For STRS to offer another COLA next fiscal year, an independent actuary would have to agree that the added cost would not materially hurt STRS finances. At his presentation to the STRS Board, the actuary, as required by law, placed the integrity of the financial future of STRS well above retirees’ need for COLAs. Bottom line: While I suppose anything is possible, I certainly wouldn’t count on another one-time COLA next year. But at least the health-care fund is doing very well, triggering the reduced premiums and \$600

rebate paid this month to most participants.

An avalanche of electronic disinformation about STRS has been disseminated this year by those who seem intent on discrediting what independent consultants agree is a well-run system. While STRS put out statements correcting many of the accusations, they have not mounted a strong public-relations response. OSURA, acting in concert with organizations of retirees at other Ohio public universities, has urged STRS to be more effective in getting out its side of the story. Bill Neville, STRS Executive Director, met with the OSURA Board in November, a good step in improving communications.

STRS Fact

STRS first offered a COLA for retirees in **1971** and the COLA has been changed **7** times since then.



THE OHIO STATE UNIVERSITY

Address Service Requested

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



**Have Happy
Holidays
and a Healthy
New Year!**

*From your friends
at OSURA*