



# Newsletter

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## November 2007

### PRESIDENT’S MESSAGE

#### Changes to Life Insurance Benefits for OSU Retirees

For several years OSURA has worked with the Office of Human Resources to increase the University's Post-Retirement Death Benefit payable to designated beneficiaries. We are pleased to inform you that this benefit will double, effective January 1, 2008, for all retirees with 10 or more years of eligible service who

- (1) have not elected at retirement to continue Group Term Life Insurance, or
- (2) have elected Group Term Life Insurance coverage, but have reached age 70 (when Group Term Life Insurance ends).

The new payment schedule is as follows:

<u>Years of Service</u>	<u>Current Benefit</u>	<u>New Benefit</u>
10-14	\$1,000	\$2,000
15-19	\$1,500	\$3,000
20-24	\$2,000	\$4,000
25+	\$2,500	\$5,000

In addition to providing the Post-Retirement Death Benefit, the University also currently absorbs the majority of the premium that is paid for Group Term Life Insurance. In order (1) to continue this subsidy and keep the retiree co-pay for Group Term Life Insurance premiums at the present \$69 per quarter and (2) to pay the doubled Post-Retirement Death Benefit, it is necessary to lower the current maximum Group Term Life Insurance payout from \$250,000 to \$200,000. This frees up part of the University's current premium contribution and allows it to be used toward the cost of the doubled Post-Retirement Death Benefit, as well as for holding Group Term Life Insurance retiree premium rates constant for 2008. Fewer than 4 percent of current retirees will be impacted by this reduction in the maximum Group Term Life Insurance benefit. Those impacted will have a 6-month grace period, as the reduction will not take effect until July 1, 2008. These persons will be notified in writing by the Office of Human Resources.

The members of OSURA recognize and extend special appreciation to Associate Vice President Larry Lewellen and members of the staff of the Office of Human Resources for responding to OSURA's request for a re-examination of the post-retirement death benefits provided by OSU, for researching a number of options for change, and for recommending to University officials and securing their approval for doubling the post-retirement death benefits for OSU retirees. Past President William Studer and Communications Secretary Carlene Hamilton, in consultation with the Office of Human Resources, assisted in preparing the above announcement of the change to life insurance benefits for retirees.

J. Robert Warmbrod, President

Editor's Note: Be sure your family and executor are aware of this and other benefits – and that your beneficiary information is up to date and on file.

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# OSURA News

## Officers

### President

J. Robert Warmbrod

### Vice President/President Elect

Thomas A. Willke

### Secretary

Richard M. Hill

### Treasurer

C. Thomas Ridenour

### Communications Secretary

Carlene Hamilton

### Past President

Virginia N. Gordon

## Executive Board Members at Large

Francis R. Allaire

Shirley A. Chase

Joseph A. Lipsky

Penelope F. O'Neil

John A. Stottlemeyer

Marie T. Taris

## Committee Chairs

### Benefits-

Louis P. DiOrio

### Budget and Finance-

Charles E. Corbato

### Bylaws-

Thomas L. Sweeney

### Communications-

Carlene Hamilton

### Endowment-

Don E. Cook

### Friendship-

Nancy S. Wardwell

### Membership-

John A. Stottlemeyer

### Program Coordinating-

William J. Studer

### Cultural Arts-

Odette Blum

### Social-

Penelope F. O'Neil

### Travel-

Ruth M. Conone

## Representatives

### Campus Campaign-

Richard M. Hill

### Bucks for Charity-

Penelope F. O'Neil

### Faculty Compensation and

### Benefits Committee-

Richard M. Hill

### Ohio Council of Higher Education

### Retirees-

Louis P. DiOrio and

J. Robert Warmbrod

### Staff Compensation and

### Benefits Committee-

Eleanor C. Conlon

## Historian

Fern E. Hunt

## Office Manager

Judith A. McMahan

## FROM THE EXECUTIVE BOARD

### October 9

The 2007-2008 OSURA Directory is in the mail. It has grown significantly due to about 200 new member listings.

The cover features Ransom Whitney (founding president) and Bob Warmbrod (current president) in a 25<sup>th</sup> Anniversary theme.

The new OSURA Brochure is available – cost of the 2,000-copy printing was assisted by Human Resources, for which the Association is most grateful. The Communications report included: The e-mail option for receiving the newsletter is still being sorted out, and the newsletter policy on publicizing external events is being reviewed.

The Friendship Committee's prototype, follow-up card informing family of death benefits possibly due them was approved.

Another mailing to increase membership is in the planning stages by the Membership Committee. Comparative charts of OSURA's membership trends (the Association's total, for all classifications, is now approaching 3,000 in round figures) were reviewed. A request to study having all retirees be members of OSURA, but in paying or non-paying status (non-paying would not include, e.g., the newsletter, Directory . . .) was referred to the Membership Committee.

## MARK YOUR CALENDARS!

- January 25 – Income Tax Seminar, 1:30 p.m., Fawcett Center
- April 13 – OSURA 25<sup>th</sup> Anniversary Celebration
- September 25 – Coping with Change XI, Fawcett Center

Watch for more information as details become available.

## WELCOME NEW RETIREES

*We congratulate our colleagues who retired from The Ohio State University in September 2007.*

**Amweg**, Willis F., Public Safety \* **Barr**, Joseph T., Optometry \* **Bianco**, Catherine S., Human Resources - Payroll Services \* **Block**, Eleanor S., University Libraries \* **Crist**, Beverly J., Student Health Service \* **Downing**, Karen A., Neurology \* **Foland**, Kenneth A., Earth Sciences \* **Fulton**, Dave E., OARDC - Molecular and Cellular Imaging Center \* **Groff**, Jeffrey R., OARDC - Research Operations \* **Handley**, George W., Lima Campus \* **Heyl**, Lynda J., University Development \* **Irvine**, Brian J., Facilities Maintenance \* **Kaufman**, Dennis A., OARDC - Facilities Service \* **Krikos**, Linda A., University Libraries \* **Manz**, Ana H., Civil and Environmental Engineering and Geodetic Science \* **McFadden**, Susan L., University Hospitals \* **McSweeney**, Paul E., University Development \* **Murfield**, John A., Stores \* **Myles**, William, Athletics \* **Neer**, Charles A., Veterinary Preventive Medicine \* **Oflaherty**, Rosalie J., University Hospitals \* **Parson**, L A., Mathematics \* **Pierson**, Ethel L., Civil and Environmental Engineering and Geodetic Science \* **Rosenberg**, Edwin A., National Regulatory Research Institute \* **Schultz**, Jerelyn K., Human Development and Family Science \* **Shearer**, Charles R., Laboratory Animal Resources \* **Strouse**, Jon T., Facilities Roads and Grounds \* **Toran**, Timothy D., University Hospitals \* **Tyler**, Karen S., Earth Sciences \* **Warren**, Patricia A., University Hospitals \* **Whatley**, Larry D., Transportation and Parking \* **Wolfe**, Martha A., Physical Medicine and Rehabilitation

*Help welcome our colleagues to retirement and OSURA. Call those you know, encourage them to return their OSURA membership application, and invite them to attend an OSURA event with you.*

## PROGRAM COMMITTEES LOOKING FOR MEMBERS

The Cultural Arts, Social, and Travel Committees could use a few more members. Contact the chairs if you are interested. See Page 4 in the OSURA Directory.

# Calendar

See "Description of Events" later in this newsletter for details.

- Nov 2..... La Comedia Dinner Theatre, Springboro, Ohio, leave from Fawcett Center at 9:00 a.m. –  
EVENT FULL – WAIT LIST
- Nov 8..... Photographic Society, 5:15 p.m., cocktails; 6:00 p.m., dinner; 7:30 p.m. program, at the Faculty  
Club
- Nov 13..... Executive Board Meeting, 9:00 a.m., Drinko Room, Longaberger Alumni House, 2200 Olentangy  
River Road
- Nov 14..... Bridge Group, 1:00 p.m., Friendship Village Dublin
- Nov 15..... Lunch Bunch, 11:30 a.m., Damon's OSU, 3025 Olentangy River Road
- Nov 21..... Book Club, 1:30 p.m., Carriage Hill Party House, Lafayette Drive, Upper Arlington
- Nov 27..... Tertulia Breakfast, 8:00 a.m., Faculty Club
- Nov 29..... Carl Hurley at Bearcreek Farm, leave from Fawcett Center at 9:00 a.m. – REGISTRATION  
REQUIRED
- Dec 3-11..... Europe's Christmas Markets, depart from Columbus International Airport – EVENT FULL
- Dec 9..... Cantilena Concerts, 2:00 p.m., Columbus Museum of Art, 480 East Broad Street**
- Dec 12..... Holiday Buffet, 11:30 a.m., Antrim Park Shelter House, 5800 Olentangy River Road –  
REGISTRATION REQUESTED
- Dec 13..... The Roman World, Dayton Art Institute, leave from Fawcett Center at 10:30 a.m. –  
REGISTRATION REQUIRED**
- Apr 17-26..... British Landscapes, depart from Columbus International Airport – REGISTRATION  
REQUIRED
- Oct 24-Nov 2..... Celebrations in Mexico, depart from Columbus International Airport – REGISTRATION REQUIRED

## Notes:

- Bold font indicates that the event is new and listed for the first time.
- Arrive at the Fawcett Center 15 minutes earlier than the time of departure listed.
- Call the OSURA office if interested in an event for which registration is closed to see if space is available.

## RESERVATIONS:

For those events marked "Registration Required":

- Call OSURA office (614-292-2916) and leave detailed message for Judi McMahon; you will receive a return call regarding your reservation request/status.
- PAYMENT is due in the office ONE WEEK after CONFIRMATION to keep reservation.
- Make check payable to OSURA (please write event date(s) and name(s) on check).
- Mail to Suite 300, 1590 North High Street, Columbus, OH 43201-2190.

**MAKE YOUR  
RESERVATIONS AS SOON  
AS YOU KNOW YOU ARE  
INTERESTED IN AN EVENT!  
Some fill quickly and you  
may be closed out if you  
delay.**

## OSU PROGRAMS

*(Compiled by Carole Browne, Cultural Arts Committee)*

- The Trojan Women, by Charles Mee, Friday, November 2, 7:30 p.m. to 9:30 p.m., Roy Bowen Theatre, Drake Performance & Event Center, 1849 Cannon Drive. The play by Euripides is set in the modern world. We see Troy in ruins and a world reduced to such disarray and anguish that it will never recover again. Contact, 614-292-2295.
- EMMA Lab at ACCAD (Advanced Computing Center for Arts and Design), 1224 Kinnear Road on West Campus, Friday, November 16, 7:00 p.m. Choreography of guest artists and visiting faculty in the Department of Dance, featuring dance majors and dance graduate students. Contact, 614-292-7977.
- University Chorus and MasterSingers, Tuesday, November 20, 8:00 p.m., Weigel Auditorium, 1866 College Road. Contact, 614-292-0789.
- School of Music Concert, Friday December 7, in Mershon, time not yet available. Tickets went on sale October 22, so to get good seats call ASAP, they go fast! You can pay by credit card and pick up at "will call" in the Lobby. Contact, Wexner Box office, 614-292-2354.

# Coping with Change X

## HEALTH CARE OPTIONS FOR 2008

### OPERS

*Presenters: Michael Mussell, Jason Davis, Health Care Benefits Counselors*

The presenters assured attendees that all is well with OPERS Health Care Program and Benefits and that levels of coverage, premiums, and care will be essentially unchanged for 2008, relative to 2007, with a possibility of a slight decrease in premiums, a decrease in generic drug co-pays, and an increase in co-pays for brand and non-formulary drugs.

They did briefly mention a new option for 2008 – the Aetna Medicare Open Plan. They reassured those in attendance that the current three elective levels of health care coverage would continue – Enhanced, Intermediate and Basic. The following points focus on the elements of the new Aetna Medicare Open Plan.

- This is a new Medicare plan.
- The retiree and covered spouse must currently be covered by Medicare A and B or B only to be eligible.
- For the 2008 benefit year all members currently enrolled in the Aetna Enhanced Plan will be automatically switched to the Aetna Medicare Open Plan. However, these plan members may opt out by completing and filing the correct forms. Check with OPERS to ascertain the details.
- At their discretion, current enrollees in Medical Mutual or Aetna Intermediate or Basic Plans may opt-in to (select) the Aetna Medicare Open Plan. This is accomplished by making the proper selection on the OPERS Health Care Open Enrollment Change Form supplied with the “2008 Open Enrollment Guide.” OPERS must receive the Change Form no later than November 2, 2007.
- Those automatically or electively enrolled will only need one medical insurer ID card supplied by Aetna. But keep your current Medicare ID card in a safe place. Do not throw it away, lose track of it, or destroy it.
- Enrollees in the Aetna Medicare Open Plan will have the freedom to use any provider that accepts the plan. The key here is the word “accepts.” As of the time of the 2007 “Coping with Change X” conference, only about 50 percent of providers contacted by OPERS Health Care had accepted the plan. However, the presenters expected most providers to sign up before the beginning of the 2008 benefit period. This creates a conundrum for OPERS Health Plan members – not knowing for sure if your current/future physicians will be providers before members make their plan election. Be sure your

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### STRS-OH

*Presenter: Greg Nickell, Director of Health Care Services*

Six items were discussed:

- Funding Status: currently a shortfall is projected in 2021 for the STRS health care fund; the Board is working towards a 30-year funding period and hopes ultimately to maintain long-range solvency.
- 2008 Plan Changes: no major changes planned in medical benefits; some minor improvements in the *basic* plans with respect to mammographies and colonoscopies; the Medicare Part B reimbursement paid by the Board will remain unchanged from that paid for 2007, but Medicare Part B charges for 2008 have not been announced yet and are expected to rise; changes in Rx coverage include increase in maximum annual benefit for *basic* plan from \$5,000 to \$10,000, voluntary pill splitting of certain specified drugs to be encouraged, and Prilosec OTC will be the preferred proton-pump inhibitor (PPI) at a considerable reduction in cost over other PPIs.
- Express Scripts: has been chosen as the 2008 prescription benefits manager by OPERS, STRS-OH, and OSU; should be a smooth transition for nearly all Rx's; new ID cards for Express Scripts will be coming in mid-December.
- Open Enrollment: to take place during the month of November; no action needed if there is no change in plans or addition or deletion of dependents; materials will be sent in October; if there are questions, call STRS (1-888-227-7877).
- 2008 Premiums: modest increases over premiums for 2007; premiums will continue to be a function of choice of plan, years of service, and having or not having Medicare; some examples are shown in Special Edition (August 2007) of STRS's *Health Care News* sent to beneficiaries last month and tables of premiums are available at the STRS web site, [www.strsoh.org](http://www.strsoh.org).
- Health Care Legislative Initiative (HB 315): “a legislative initiative that preserves health care coverage for Ohio's current and future retired public educators,” proposed by STRS and supported by the Health Care Advocates for STRS; would increase public teacher contributions to STRS by 2.5 percent and employers' contributions by 2.5 percent, phased in over a five-year period, with the additional money creating a dedicated revenue stream for STRS health care; members of STRS need to let their legislators know how important this issue is to them.

*Charles Corbato, Recorder*

# Coping with Change X

## WHAT YOU NEED TO KNOW ABOUT DRUG INTERACTION

*Maria C. Pruchnicki, Pharm.D., BCCPS, Assistant Professor of Clinical Pharmacy, The Ohio State University*

Through elaboration on an informative handout and projected visuals, Dr. Maria Pruchnicki's objectives for her presentation on drug interactions relating to our health and wellbeing were:

- To describe significant and potential impacts of drug interactions;
- To identify common drug-drug and drug-food interactions, including those of prescription, over-the-counter (OTC), and herbal drugs plus dietary supplements;
- To provide resources and strategies for avoiding or managing potential drug interactions.

### Significant and Potential Impacts

Insights were gained into the incremental use and effects of prescription drugs in recent years, particularly by older Americans. About 12 percent of all Americans are 65 and over and buy 30 to 40 percent of all medications. They use two to six prescription medications daily and these are incremented by OTC drugs by at least half. The upward trend in drug use over recent years is expected to continue.

### Drug Interactions

Adverse effects from increased use of drugs and their interactions have influenced health care costs dramatically, even to the extent that these costs have exceeded all prescription drug expenditures. Older people with diseases that require multiple physician and specialist advice – as with diabetes and high blood pressure – are more susceptible to interactions from multiple drug prescriptions, thereby giving impetus to higher health costs.

Drug interactions were identified as drug-drug, drug-food, and drug-disease. Common drug-drug interactions involve prescription and OTC drugs, herbals, and supplements. Major drug-food interactions occur in relation to consumptions of alcohol, grapefruit juice (more so than fresh fruit), and tropical fruit juices. Drug interactions may relate to their absorption, metabolism, or "pharmacodynamic" effects:

- Absorption – increased or decreased availability of a drug in general circulation with resulting side effects of lack of effect.
- Metabolism (Elimination) – increased or decreased ability of the body to eliminate a drug in general circulation with resulting side effects or toxicity.

- Pharmacodynamic effects – additive or contradictory effects in the body or activity that potentially may worsen an underlying disease or medical disorder.

Dr. Pruchnicki made reference to interactions of specific classifications of drugs to illustrate their connection to the drug-drug, drug-food, and pharmacodynamic classifications.

### Mechanisms for Managing Interactions

She addressed ways physicians and pharmacists contribute to the management of drug interactions:

- Avoidance – spacing doses by one to four hours to avoid binding of drugs or chemical incompatibility, selecting alternative drugs, or avoiding combinations altogether.
- Adjustment – adjusting the size and frequency of dosage in order to achieve effectiveness while also limiting unwanted side effects.
- Monitoring – arranging appropriate laboratory tests to measure blood concentrations of drugs for their potential interactions, measuring vital signs of patients, and obtaining patient reports on problems or side effects.

### Maximize Healthcare Provider Resources

- Physicians
  - Carry a list of all prescriptions, OTC drugs, herbals, and dietary supplements to all appointments.
  - Ask questions about new prescriptions, such as use and side effects.
  - Ask about food and medications to be avoided.
- Pharmacists
  - Expect communication on the results of their screening for potential drug interactions of new prescriptions.
  - Take advantage of consultation opportunities for Medication Therapy Management that provides a review and update of all prescription and OTC drugs plus herbs/supplements.
- Patient Resources – governmental and internet resources and websites, including:
  - DrugDigest – [www.drugdigest.org/DD/Interaction/ChooseDrugs/1,4109.,00.html](http://www.drugdigest.org/DD/Interaction/ChooseDrugs/1,4109.,00.html)
  - Drugs.com – [www/drugs.com/drug\\_interactions.html](http://www/drugs.com/drug_interactions.html)

Concern for the quality of internet resources was raised: The HONCode, the seal of the Health on the Net Foundation, is a good indicator of website quality.

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# Coping with Change X

## YOUR RETIREMENT SYSTEM: THINGS YOU SHOULD KNOW

*Panel: Larry Lewellen, Associate Vice President for Human Resources, OSU (Moderator); Christopher DeRose, Education Director, OPERS; and Laura Ecklar, Director Of Communication Services, STRS-Ohio.*

Some of the points made by Mr. DeRose were:

- Their fund is secure, with 93 percent of its mortgages paid off, and earnings on the fund increasing from 6 to 6½ percent last year.
- OPERS is joining STRS and SERS to purchase pharmaceutical supplies together at substantial savings.
- They have resisted efforts by the Ohio legislature for a mandate divesting and prohibiting investments by their fund in Iran, the Sudan and other places. Instead, they have supported a voluntary plan similar to several other states, which does not approve divestment of these investments unless they have equal safety and returns.
- Now 75 percent of annual expenditures are covered by investment returns. They are making every effort to let their members know about the safety and security of their funds.

Major points made by Ms. Ecklar were:

- The most important change for Ohio pension plans this year is House Bill 315 introduced last week. This would increase both annual employer and employee contributions by 2½ percent, adding \$.5 billion to the Health Care Fund. Both the pension plans are supporting a “grass roots” program called “Health Care Champions” for this bill. Letters to your Congressman are needed, and they do help!
- STRS, OPERS and SERS pension plans and OSU are wisely joining to leverage their purchasing power of 400,000 lives to stretch their health care dollars.
- A new STRS meeting for a voluntary divestment plan for investments is being studied for the next board meeting.

Among selected questions raised by the moderator and audience, and answered by the two panelists, were:

- How should the public look at the public pension plans? (Without these plans, the taxpayers' cost of welfare and health benefits will increase.)
- What threats are being made to public pension plans? (Legislators are trying to dictate how the funds of the pension plans should or should not be invested. This is wrong because it is your money, not theirs!)
- Should a new House bill (152) requiring defined contribution plans instead of defined benefit plans

be passed? (No big push for this in Ohio. STRS already has an optional defined contribution plan.)

- Why not combine STRS and OPERS? (No, because they are for different constituencies – teachers and other public employees. These groups have very different needs, and retirement and health characteristics.) (Recorder's note: And no more large-scale efficiencies are likely to result because both plans already have multi-billion dollar funds.)
- What about the UAW's takeover of GM's \$50 billion health care fund? (This could make GM more competitive with other auto makers, but how well will UAW do with the fund?)
- How are STRS's investment returns? (Last year's 21 percent return that added \$11 billion to their fund was great but unusually high. This is expected to be much lower this year.)
- Will the downturn of sub-prime mortgage rates effect pension plans greatly? (No – they hold only small amounts.)
- Is there any big push for requiring public pension plans to be included in federal Social Security? (No, not currently, but this is constantly being advocated by various groups as a solution to SS's fiscal problems. It most likely would not be.)
- Are lists of prohibited investments that are being advocated for public pension plans available to the public? (They may be, but they are likely to be very long and yet a very small part of the thousands of possible investment options.)
- Are health benefits in pension plans available for life? (Yes, if either single or joint and survivor options are chosen.)
- What about “universal health care”? (This should not be looked upon as same as “socialized medicine.” Both positive and negative aspects should be carefully evaluated.)
- Has a new pharmacy benefit manager (PBM) been selected? (Yes – Express Scripts – as of January 1.)
- What about the new STRS open enrollment for health benefits in 2008? (This will be from November 1 to 30. The choice of alternative plans requires close study by every member – premium changes for retirees and spouses and the plans' deductibles, co-payments, maximum benefits, and more. There are both cost savings for some choices and increased benefits for others. See the comparisons in your system's newsletters.)
- What is the primary goal of STRS and OPERS? (The best safety with a 30-year funding goal, and service including comprehensive health care for all members.)

*David L. Bickelhaupt, Recorder*

## Coping with Change X and More

### MANAGING YOUR FINANCIAL RESOURCES DURING RETIREMENT

*Presenter: Bill Rives, Ph.D. Department of Finance, Fisher College of Business, OSU*

A range of topics were reviewed that in future Coping With Change conferences could be the topic of a single concurrent session. Major topics discussed were:

- Online identify theft is a big problem. Check your credit report regularly; one copy of each report can be obtained free every 12 months at [www.annualcreditreport.com](http://www.annualcreditreport.com).
- STRS and OPERS provide life income options; 403b and IRA plans provide supplemental retirement income.
- Continue investing later in life or you will lose ground to inflation. As you grow older, the basic rules of investing do not change. Diversification is important.
- Mutual funds work best for most investors. No-load funds with low operating-expense ratios are preferred. *Morningstar* provides one of the best research services for individual investors.
- The following advance directives are essential for retirees: written will that is up-to-date; a living will; and, a designated healthcare power of attorney.

*J. Robert Warmbrod, Recorder*

### OPERS HEALTH CARE BENEFITS FOR 2008

*(Continued from Page 4)*

Be sure your current/future physicians are Aetna Medicare Open Plan providers before making the change.

- It is the enrollee's responsibility to verify provider acceptance of the Aetna Medicare Open Plan!!!!.
- The new plan includes a wellness program, including free fitness center memberships at participating fitness centers. Be sure to confirm that your current/future fitness center is a participant in the plan before you count this as a benefit for you and/or your spouse.

The Q&A session evidenced the need for additional time being invested to explain and understand the details and operation of the new plan. All members are encouraged to register and attend one of the OPERS 2008 OPEN ENROLLMENT SEMINARS. The seminar schedule can be found on page 22 of the "... 2008 Open Enrollment Guide."

Other primary topics were discussed – the Healthy Living/Healthy Retirement (Gordian Plan for those under 65 years of age), Annual Preventive Tests and Services, Prescription Changes and Coverage, Vision and Dental Plans, and the Retiree Medical Account.

*Allan Lines, Recorder*

### IN MEMORIAM

*We honor and thank our colleagues for their service and the many contributions that made our university a finer place.*

- BROWN**, Carole, August 31, OSURA  
**CURTISS**, Paul H. Jr., September 25, Orthopedics, age 87  
**EZZELL**, Austin B., August 18, OSUE County Operations  
**GRIFFIN**, Mamie L., September 12, University Hospital, age 86  
**HAWKINS**, Sadie Fennell, September 7, University Hospital, age 62  
**KOENIG**, Lillian B., September 19, age 87  
**LUFT**, Ethel J., September 27, James Cancer Hospital, age 75  
**NOSE**, Robert L., September 5, Athletics, age 78  
**O'BRIEN**, Martha, September 8, age 83  
**ODEN**, Margaret "Betty" Evans, August 6, University Hospital  
**O'HARA**, William A., September 26, Athletics, age 89  
**PHILLIPS**, G. Howard, September 24, Agricultural Economics and OSURA, age 81  
**SPENCER**, M. Carol, September 26, Student Financial Aid and OSURA, age 61  
**STOCK**, Stewart F., September 15, Internal Medicine, age 66  
**THURSTON**, Marlin O., September 18, Electrical Engineering, Cancer Research and OSURA, age 89  
**TRACY**, Roger W., September 26, Political Science and American Government  
**WHITE**, Willie L., September 10, University Hospital, age 71

*When you know of the death of an OSU retiree or employee or spouse of an OSU retiree/employee, please contact the OSURA office – 614-292-2916.*

### WHAT YOU NEED TO KNOW ABOUT DRUG INTERACTION *(Continued from Page 5)*

It is typically displayed on the health-related website or individuals can check to see if a website participates at [www.hon.ch](http://www.hon.ch).

Dr. Pruchinicki advocated the services of individual's community pharmacists, including the OSU Clinical Partners Program, as a resource for further questions and consultation. For more information, contact Clinical Partners by phone, 614-292-5075, or visit their website, <http://www.pharmacy.ohio-state.edu/ClinicalPartners/index.cfm>.

*Ruth Deacon, Recorder*

## Description of Events

See Pages 10 and 11 in the OSURA Directory or the OSURA web site for "Travel and Event Policies and Procedures."

- **Procedure for Reservations:** See Page 3 of this newsletter.
- **Challenge Levels:**
  - 1 – Minimal walking/standing, may include a few stairs
  - 2 – Moderate walking/standing, could include a few sets of stairs
  - 3 – Moderate walking/standing, includes climbing many stairs and/or uneven terrain
  - 4 – Lots of walking/standing, includes climbing stairs or hilly walkways and/or extended weather exposure

Note: Most trips will allow travelers to remain on the bus, if desired. Disabled persons should refer to Page 10 in the OSURA Directory for information on assistance.
- **Events Marked with \*:** Participants must sign Disclaimer on Event Roster on the day of the event.
- **Registration closes:** This is the deadline for reservations because it is the date vendors must be paid in full for the event.
- **Refund Deadline:** Reservations must be cancelled by this date to receive a refund of payment/deposit; cancellations after this date will be reviewed by the arranger and the OSURA office for refund decisions.

### NOVEMBER 2 (FRIDAY) \*

#### LA COMEDIA DINNER THEATRE (SPRINGBORO, OHIO)

*Challenge Level 2*

EVENT FULL – WAIT LIST

Depart: 9:00 a.m. from Fawcett Center

Return: 5:00 p.m.

Refund Deadline: September 18

Arrangers: Betty Maynard and Gladys Murray

*(Travel Committee)*

### NOVEMBER 8 (THURSDAY)

#### PHOTOGRAPHIC SOCIETY

Dr. Mary Beth Fontana Wise will present "Alaska Wild Land Adventure." Members may submit three to six photos with theme "wild or wacky" to John Houston by e-mail [jhouston1@columbus.rr.com](mailto:jhouston1@columbus.rr.com) or at the meeting. Call 614-292-2262 for dinner reservations and entree choice.

Time and Place: 5:15 p.m., cocktails; 6:00 p.m., dinner; 7:30 p.m. program at the Faculty Club

Arranger: Sandra Gaunt *(Photographic Society)*

### NOVEMBER 14 (WEDNESDAY)

#### BRIDGE GROUP

NOTE CHANGE OF DATE BECAUSE OF HOLIDAY; DECEMBER'S MEETING WILL BE ON THE SECOND WEDNESDAY ALSO (DECEMBER 12).

There is no membership fee and it costs only 25 cents for the prizes the day you play.

Time and Place: 1:00 p.m., Friendship Village Dublin, North CR

Arrangers: Sherry Detillian and Marianne Naber  
*(Bridge Group SIG)*

### NOVEMBER 15 (THURSDAY)

#### LUNCH BUNCH

Barbie Tootle who spent 14 years in the Office of the President, working with Ed Jennings, Gordon Gee, and Brit Kirwan, is the speaker. From the launch of the first big fund-raising campaign and the firing of Coach Bruce to visits in all 88 Ohio counties, she will share some "behind the scenes" tales of life on the Hot Seat.

To reserve a space, answer the e-mail from Penny O'Neil or leave her a message at 614-889-9055.

Time and Place: 11:30 a.m., Damon's OSU, 3025 Olentangy River Road

Cost: Order from the menu

Arrangers: OSURA Social Committee

### NOVEMBER 21 (WEDNESDAY)

#### BOOK CLUB

NOTE: CHANGE OF DATE BECAUSE OF ITS PROXIMITY TO THE THANKSGIVING

This month's book will plunge us into events leading to the Civil War – starring John Brown, one of the most prominent of the Abolitionists. He was a fierce man and a fascinating one. The book, *John Brown*, is written by Merrill Peterson. As always, join us for scintillating conversation and excellent goodies.

NOTE: December will be a hiatus month for the club. Plan to join the group in January. Watch the newsletter for information on the book to be read.

Time and Place: 1:30 p.m., Carriage Hill Party House, Lafayette Drive

Arranger: Marajeane Huling *(Book Club SIG)*

### NOVEMBER 27 (TUESDAY)

#### TERTULIA BREAKFAST

Enjoy good food and stimulating conversation with other OSURA members.

Time and Place: 8:00 a.m., Faculty Club

Cost: On your own

Arranger: William Riley *(Tertulia Breakfast SIG)*

### NOVEMBER 29 (THURSDAY) \*

#### CARL HURLEY AT BEARCREEK FARM

*Challenge Level 1*

This trip begins with a bus ride through Ohio to Bryant, Indiana, and Bearcreek Farms, where they have wonderful food and great entertainment. After lunch, visit the gift shop before the show. At press time, there were seats available.

Depart: 9:00 a.m. from Fawcett Center

Return: 6:00 p.m.

Cost: \$69.50 (transportation, lunch, show, snacks)

Refund Deadline: November 15

Arrangers: Richard and JoAnn Rueger (*Travel Committee*)

### **DECEMBER 3-11 \***

#### **EUROPE'S CHRISTMAS MARKETS**

*Challenge Level 3*

EVENT FULL – WAIT LIST

Depart: TBA December 3 from Columbus International Airport

Return: TBA December 11

Arrangers: Mary Hoffman and Carol Baker (*Travel Committee*)

### **DECEMBER 9 (SUNDAY)**

#### **MUSICAL INSPIRATIONS FOR THE HOLIDAYS (CANTILENA CONCERTS)**

*Challenge Level 1*

Hear works by Handel for voice and trumpet, cello pieces by J. S. Bach and Messiaen, spirituals, festive duets and carols. Artists are: Martha Duersten-Pettit, soprano; Dione Bennett, soprano; Edward Bak, piano; Cora Kuyvenhoven, cello; Tim Leasure, trumpet; Nelson Harper, piano; Amy Shevrin, violin. Either meet at Fawcett Center for ticket, carpool or drive on your own. Call Eileen Davis 614-268-2779 if you wish to pick up tickets at door or receive by mail.

Time and Place: 2:00 p.m., Columbus Museum of Art, 480 East Broad Street

Cost: \$10 (concert ticket, free parking, 15 percent discount on lunch (on your own) in the Palette Café, 50 percent discount for the Monet exhibit)

Arranger: Don Cooper (*Cultural Arts Committee*)

### **DECEMBER 12 (WEDNESDAY)**

#### **HOLIDAY BUFFET**

*Challenge Level 1*

Join new and old friends for the Holiday Buffet at Antrim Park. Bring a favorite dish (with serving utensil) to share and your own table service. Beverages will be provided. Wrap a treasure from your attic and bring it to the party for a white elephant gift exchange. Lunch will be served at noon. Call the OSURA office (614-292-2916) to let the committee know you are coming.

Time and Place: 11:30 a.m., Antrim Park Shelter House, 5800 Olentangy River Road

Cost: Bring a dish to share

Arranger: Penny O'Neil (*Social Committee*)

### **DECEMBER 13 (THURSDAY) \***

#### **THE ROMAN WORLD: RELIGION AND EVERYDAY LIFE (DAYTON ART INSTITUTE)**

*Challenge Level 1 (no steps at entrance)*

This exhibit explores the multi-cultural complexity of the Roman Empire through four themes: everyday life, polytheism, Judaism, Christianity. Most significant

artifacts are mosaics discovered in the ruins of a 6<sup>th</sup> century synagogue in North Africa, which led to a revised perception of Jewish life in the Empire.

Depart: 10:30 a.m. from Fawcett Center

Return: Approximately 5:30-6:00 p.m.

Cost: \$32 (museum entrance fee, transportation, museum guide – lunch on your own in museum café before the tour)

Registration closes: November 26

Refund Deadline: November 30

Arranger: Odette Blum (*Cultural Arts Committee*)

### **APRIL 17-26 \***

#### **BRITISH LANDSCAPES: ENGLAND, SCOTLAND, AND WALES**

*Challenge Level 3*

England, Scotland, and Wales are filled with history, natural beauty, art, architecture and warm local hospitality. Highlights of this ten-day tour include London and its theatre, Cambridge, York, Lake District, Bath, The Cotswolds, Stratford-upon-Avon, Edinburgh Castle, and North Wales. Full itinerary available from the OSURA office.

Depart: TBA April 17, from Columbus International Airport

Return: TBA April 26

Cost: Double: \$2,899, per person; single: \$3,299 (Round trip air from Columbus, transfers, hotels, luggage handling, 8 breakfasts, 6 dinners, sightseeing per itinerary, cancellation waiver and insurance) \$450 deposit due one week after office confirms registration; final payment due February 1.

*Registration open until November 1, or until OSURA spaces are filled – a few were available at press time.*

Arrangers: Betty Maynard and Ruth Conone (*Travel Committee*)

### **OCTOBER 24-NOVEMBER 2, 2008 \***

#### **CELEBRATIONS IN MEXICO**

*Challenge Level 3*

A study tour to Mexico at the most exciting time of the year, Days of the Dead. Visit two studio homes, (Friday Kahlo and Diego Rivera), the Saturday Bazaar, and cultural and historic sites in Mexico City. Oaxaca is the center of a large indigenous area, and home to museums and archeological ruins. Also visit small villages, each known for its distinctive art or craft. Tour the mountain-top archeological site of Monte Alban and observe Days of the Dead cemetery and family home celebrations.

Depart: TBA October 24 from Columbus International Airport

Return: TBA November 2

Cost: To be determined after January 1

Arranger: Vivian B. Harvey (*Travel Committee*)



RETIREES ASSOCIATION  
OSURA

NOVEMBER 2007 NEWSLETTER

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As the title indicates, OSURA has sponsored a Coping with Change Conference for ten years. Begun in 1998 as a means to help OSURA members make informed decisions about their health care options, the conference is held just prior to or at the start of the Open Enrollment period each year (late September or early October).

Conferences have followed a similar format: General sessions, break-outs, and always an explanation of the health care options for the following year presented by representatives from the State Teachers Retirement System of Ohio and the Ohio Public Employees Retirement System. All have been held at the Fawcett Center. Most have been full-day meetings, but half-day programs were held in 1999 and 2000.

At the first Coping with Change Conference on September 28, 1998, Bonnie Kantor, Sc.D., director of the Office of Geriatrics and Gerontology, Ohio State University, spoke on "Toward Successful Aging." Since then, keynote speakers' topics have included protecting your identity, "Transitions in later life: Implications for Health and Well-being," (followed by panel of OSURA members discussing "Experiencing Real-life Retirement Transitions"), alternative approaches to medicine, the master plan for OSU, and this year's pharmaceutical interactions.

Participants have been able to choose from four or five topics of particular interest to them in the break-out sessions. Topics have included housing choices, managing finances, legal matters, long-term care insurance, hospice, living wills, women's retirement, eastern meditative movement, stress, resources for the elderly, memoir writing, herbs and dietary supplements, safe driving for seniors, yoga, funeral pre-planning, heart disease, arthritis, balance. In some years, the concurrent sessions have been repeated so participants could attend two.

During the first few years, the registration fee was \$10, but the fee has increased to \$15, including lunch. There was no fee for the half-day sessions and one year (2004), a dual fee structure was offered (\$20 with lunch; \$7 without lunch).