



# Newsletter

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## November 2009

### PRESIDENT’S MESSAGE

Coping With Change XII was a great success! Attendance was good and all of the presentations were timely, helpful and very well received. All of the sessions had a reporter and you will find their reviews in this newsletter, and the rest will be in the December newsletter. Congratulations and thanks to the many who helped make this conference one of the best.

Special appreciation to the Planning Committee, the presenters, all the hosts, the reporters, everyone involved with the richly expanded exhibits – and the HR staff and Fawcett Center. There is more good news. We are already beginning to plan for Coping XIII and it will be held September 23, 2010, at the Fawcett Center!

We want to especially highlight our Special Interest Groups and encourage new participants. All of these groups invite you to join them. The meeting times and places, and the persons to contact are all in the newsletter every month.

- The Book Club meets monthly for discussions of the chosen books, alternating fiction and non-fiction. The current selection is *The Book of Air and Shadows* by Michael Gruber. No need to call ahead, just arrive at the meeting.
- The Bridge Group meets at Friendship Village-Dublin and plays very social, rubber bridge.
- A group of Litter Pickers has been providing service through ODOT for over 20 years. Four times a year they caravan to the intersection of US 42 and US 33 where they get good exercise and great fun while greatly improving our environment.
- The Photographic Society meets monthly at the Faculty Club for dinner, conversation, and presentations. A speaker’s talk is preceded by member image presentations based on a theme derived from the presentation. By way of example, if the presentation were Travels in Spain, the theme for the members to present photographs could be “light and shadows.”
- The Tertulia group meets for breakfast at the Faculty Club. In a decidedly unscholarly search for the meaning of “tertulia,” I found it has roots in Spain and refers to “a social gathering with literary or artistic overtones.” There is no program, literary or artistic – just good food, good friends, and great conversation.

We are by no means limited to these Special Interest Group themes. If you have something that would be of interest to others we will happily assist in the development of a new SIG.

There are so many other OSURA volunteers deserving of our thanks and gratitude: the officers and committee chairs and members who do the work of our organization. Of immeasurable value are those who represent us and monitor the activities of groups affecting retirees, and keep an eye on the legislative activities that affect us.

Recently it was my honor to attend the 65th Annual Faculty and Staff Retirement Dinner. My role was to explain the activities and benefits of OSURA membership to the 200 or so recent retirees. The HR staff did a great job with a beautifully staged occasion. What was especially striking was the level of engagement of President Gee, Provost Alluto, and Vice President for HR Larry Lewellen. Each gave generous time and attention to the celebration of the retirees and the magnitude of their collective contributions. This kind of involvement is one of the important pieces that combine to make this a truly great institution.

For a variety of reasons November brings the season for reflection on and appreciation for the good things in our lives. May you find much for which to be thankful. Happy Thanksgiving!

- Nancy Wardwell

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# OSURA News

## Officers

### President

Nancy S. Wardwell

### Vice President/President Elect

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### Secretary

Richard M. Hill

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C. Thomas Ridenour

### Communications Secretary

Carlene Hamilton

### Past President

Thomas A. Willke

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Howard L. Gauthier

Joseph A. Lipsky

Penelope F. O'Neil

Joyce A. Smith

James Tootle

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### Benefits-

Louis P. DiOrio

### Budget and Finance-

Charles E. Corbato

### Bylaws-

Thomas L. Sweeney

### Communications-

Carlene Hamilton

### Endowment-

Shirley A. Chase

### Friendship-

Mary Anne Herbst

### Membership-

Donald W. Larson

### Program Coordinating-

Betty A. Maynard

### Cultural Arts-

Odette Blum

### Social-

Mary Anne Herbst

### Travel-

Betty A. Maynard

## 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

Thomas A. Willke

### Staff Compensation and

### Benefits Committee-

Judith A. McMahon

## Historian

Fern E. Hunt

## Office Manager

Kathi Hess

## FROM THE EXECUTIVE BOARD, October 13

Contributions to the OSURA Endowment Fund continue: \$300 has been received since the last report.

The Friendship Committee received two requests and responded with one-time grants from the Emergency Assistance Fund.

Betty Maynard was welcomed as the new chair of the Program Coordinating Committee. She will be reviewing the role(s) of this body (and its components -- Cultural Arts, Social, Travel), suggesting updates to its OSURA Handbook description as may be needed.

The next Coping with Change conference will be held September 23, 2010, at the Fawcett Center for next year at the same rate as this year. Diane Selby will serve as the program's 2010 Chairperson.

The 2009-2010 OSURA Membership Directory should arrive in members' mailboxes by November 1.

## COPING WITH CHANGE XII

The nearly 300 participants in Coping with Change XII on September 24 rated all the sessions as "excellent." OSURA members who were unable to attend can read summaries of the sessions in this and upcoming issues of this newsletter thanks to the recorders: Phyllis Carroll, Clarence Cunningham, Jane Cunningham, Francille Firebaugh, Virginia Gordon, Fern Hunt, Virginia Leidheiser, Thomas Rockwell, Joyce Smith, and Robert Warmbrod.

Reports on the Health Care Updates sessions are posted on the OSURA website, [hr.osu.edu/osura](http://hr.osu.edu/osura), rather than in this issue because it will reach members after the Open Enrollment period has expired.

## WELCOME NEW RETIREES

*We congratulate our colleagues who retired from The Ohio State University in September 2009.*

**Alden**, Susan J., Shared Services \*  
**Bahr**, Janet L., Dental Hygiene \*  
**Bailey**, Donald E., Ross Heart Hospital \*  
**Barger**, Donna J., Physics \*  
**Barrett**, Terry M., Arts Education \*  
**Barton**, Dixie J., Mansfield Campus \*  
**Calhoun**, Joan S., Cancer Hospital and Research Institute \*  
**Canada**, Bobby G., Harding Hospital \*  
**Cecil**, William L., Transportation and Parking \*  
**Cochran**, Kathryn S., Child Care Program \*  
**Cope**, Price R., Physics \*  
**Fulton**, Larry R., RIO Operations Headquarters \*  
**Gracy**, Dail W., OSUE County Operations \*  
**Hart**, David J., Chemistry \*  
**Hartzell**, Elaine R., Shared Services \*  
**Hoffman**, Diana K., Cancer Hospital and Research Institute \*  
**Holloway**, Dorothy L., University Hospitals East \*  
**Jasin**, Pamela E., University Hospitals \*  
**Levatte**, Deloris, Facilities \*  
**Lorbach**, Patricia A., Emergency Medicine \*  
**Masters**, Jacqueline A., Office of Information and Technology \*  
**McLinn**, Ida M., University Hospitals \*  
**Minyard**, Sabra L., University Hospitals \*  
**Moorhead**, Noemi M., University Hospitals \*  
**Orin**, David E., Electrical and Computer Engineering \*  
**Phelps**, Karen A., University Hospitals \*  
**Preston**, Jadine C., Student Health Services \*  
**Rarey**, Diane C., Psychiatry \*  
**Ridenour**, Anita G., Anthropology \*  
**Rohrer**, Katherine F., University Hospitals \*  
**Shockley-Barr**, Elizabeth, Comprehensive Cancer Center \*  
**Snyder**, Frederic L., OSUE Community Development \*  
**Studer**, Mary K., OSUE County Operations \*  
**Thomas**, Bernadine, University Lab Animal Resources \*  
**Town**, Diane M., Development Administration \*  
**Whetstone**, Brent R., RIO Operations Headquarters

# OSURA Calendar

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

- Nov 8..... Cantilena Concerts 1: Brasil Guitar Duo in Classical and Brazilian Music, carpool from Fawcett Center, 1:00 p.m. – SEE BELOW FOR REGISTRATION INFORMATION
- Nov 10..... Executive Board Meeting, 9:00 a.m., Longaberger Alumni House, 2200 Olentangy River Road
- Nov 11..... Bridge Group, 1:00 p.m., Friendship Village, Dublin
- Nov 12..... Photo Society, 5:15 p.m., cocktails; 6:00 p.m., dinner; 7:30 p.m., program, Faculty Club
- Nov 18..... Book Club, 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive
- Nov 19..... Lunch Bunch, 11:15 a.m., Buckeye Hall of Fame Café, 1421 Olentangy River Road – REGISTRATION REQUIRED
- Nov 24..... Tertulia Breakfast, 8:00 a.m., Faculty Club
- Nov 29..... Cantilena Concerts 2: Holiday Celebration Concert, carpool from Fawcett Center, 1:00 p.m. – SEE BELOW FOR REGISTRATION INFORMATION
- Dec 4..... LaComedia Dinner Theatre (Springboro, Ohio), depart 8:45 a.m. from Fawcett Center – EVENT CLOSED
- Dec 9..... Holiday Buffet, 11:30 a.m., Antrim Park Shelter House, 5800 Olentangy River Road
- Feb 5..... *A Midsummer Night's Dream*, BalletMet Senior Dress Rehearsal, carpool from Fawcett Center at 9:30 a.m. – REGISTRATION REQUIRED
- Feb 10..... *Romeo and Juliet*, Opera Columbus, carpool from Fawcett Center at 5:30 p.m. -- REGISTRATION REQUIRED
- Apr 17-25... Springtime Tulip River Cruise, Holland and Belgium, depart TBA from Columbus International Airport – EVENT CLOSED

## 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; 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 1590 North High Street, Suite 300, Columbus, OH 43201-2190.

For the **Cantilena Concerts**:

- Either send request and check to Eileen Davis, Director, Cantilena Concerts, 2934 Indianola Avenue, Columbus, OH 43202, or call 614-268-2779 to use Visa or Mastercard. NOTE: The OSURA office is not accepting reservations for these concerts.

**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.**

## HOLIDAYS ARE COMING

- OSURA Schedule Changes:
  - The **Bridge Group** will meet on the second Wednesday in November and December.
  - The **Photo Society**, **Lunch Bunch**, and **Book Club** will not meet in December.
- The Ohio State University will be closed:
  - November 11, Veterans Day
  - November 26 and 27, Thanksgiving and Observance of Columbus Day
  - December 24 and 25, Observance of President's Day and Christmas Day
  - January 1, New Year's Day

## SO YOU CAN PLAN AHEAD

The following 2010 events are in the planning stages – preparations are not far enough along to accept reservations, but they are listed here so you can pencil them into your calendar. When all details are in place (cost, times, content, etc.), they will be in the OSURA Calendar of the newsletter; until then, if you want information, contact the arranger.

- January 22, Income Tax Seminar (Tom Sweeney, Arranger)
- March 5, *Carmina Burana*, BalletMet Senior Dress Rehearsal (Don Cooper, Arranger)
- April 23, *American Legends*, BalletMet Senior Dress Rehearsal (Don Cooper, Arranger)
- September 23, Coping with Change XIII (Diane Selby, Arranger)

## Coping with Change XII

### MAKING DECISIONS ABOUT CARE AT THE END OF LIFE

*Doug Cluxton, Vice President for Education, Ohio Hospice and Palliative Care*

Mr. Cluxton is a licensed professional counselor with 30 years of experience. He stressed the need for discussion with family or someone you trust who will carry out your wishes regarding care when you may become unable to make decisions yourself about your care. He made the point that most of us will die in the care of health professionals and up to 50 percent cannot make their own decisions when they are near death. Health care professionals and family members won't know preferences without discussion.

Four common expressions regarding end-of-life care: No heroics; don't keep me alive if I am a vegetable; don't keep me alive on machines; if I am terminal, let me go.

He encouraged conversation with family regarding your wishes and to consider this a "gift to the family." Without letting your preferences be known, sometimes aggressive care is the norm because physicians and family are not prepared to make final decisions.

Planning may include:

- Who would make decisions for you if you are unable to do so
- Clarification of this agent's authority
- How decisions might be made
- Why decisions should be made
- When medical treatment should be continued

Documents that play an important part in final decisions of care are Living Will and Durable Power of Attorney for Health Care. The Living Will will speak for you and the Durable Power of Attorney for Health Care designates the person who will speak for you. It is the intent of the law that these documents be honored. Be sure that copies of these documents are in the hands of the right person, not tucked away in your safe deposit box.

The Living Will establishes the kind of care wanted only when the person becomes either permanently unconscious or terminally ill and has lost capacity. This document allows life-sustaining treatment to be withheld or withdrawn. The Durable Power of Attorney for Health Care designates a decision-maker for any time an individual has lost decision-making capacity temporarily or permanently. Two alternates can be named. This person cannot legally override the individual's living will.

*Continued on Page 6*

### TRUSTS AS A VEHICLE IN ESTATE PLANNING

*Russell N. Cunningham, Attorney, OSBA Certified Specialist in Estate Planning Trust and Probate Law, Barrett, Easterday, Cunningham, & Eselgroth LLP*

A trust is a tool in estate planning. It is a relationship between two parties created when it is signed or it can be created orally. The person who establishes the trust (grantor) can fund the trust while living (living trust) or as directed by one's will (testamentary). The Trustee holds legal title and manages the assets. In living trusts the grantor is often the Trustee while still alive.

Examples of Type of Trusts include:

- Revocable, Living, A/B, Credit Shelter
- Irrevocable
- Life Insurance Trust
- Charitable Remainder/Lead Trusts
- Grantor Retained Annuity Trust
- Personal Residence Trusts
- Generation-Skipping Trusts

Trusts are used to save money by minimizing estate taxes – state and federal. Trusts may help avoid estate taxes in future generations.

Trusts can be used to provide creditor protection. In Ohio, creditor protection is only for beneficiaries other than the grantor.

Trusts are used as a management vehicle for such things as minor children or grandchildren, spendthrift control, professional management, and avoiding probate. (There are other ways to avoid probate in many families.)

The attorney discussed in detail the setting up of different types of trusts, the advantages and limitations.

For further written references on the topic, trusts are discussed in more detail in an OSU Extension letter-study program on estate planning:  
<http://ohioline.osu.edu/ep-fact/index.html>. Note sessions 7(Trusts) and 12 (Misc –Generation-Skipping.)

### BUCKS FOR CHARITY

The Bucks for Charity Drive supports more than 300 not-for-profit organizations which provide programs and services to those in need. Pledge materials have been sent to OSURA members, with the request that pledges be made by December 11.

## Coping with Change XII

### OUR EMERGING UNIVERSITY AS THE FLAGSHIP INSTITUTION IN THE STATE OF OHIO

*This all-star panel of Martha Garland, vice provost for enrollment services and dean of undergraduate education, Joan Leitzel, interim executive dean for arts and sciences and vice provost, and Bill Shkurti, senior vice president for business and finance, "wowed" the Coping with Change participants in the opening session. From the vantage point of 94 years of collective experience at OSU, they spoke about the recent past, the present situation, and the near future of OSU as a leading university, both nationally and internationally.*

Describing this year's freshmen as academically the "Best Class Ever," Garland noted that it continues a 15-year trend of improving scores and class standing. The Class of 2005 saw a graduation rate after 6 years of 75 percent and a four-year graduation rate of 51 percent, evidence of the impact of increased strategic recruiting and selection processes begun more than 20 years ago. In the future, regional campuses need to be utilized more aggressively, and increased numbers of out-of-state and international students will be important for diversity and maintaining an academically strong student body. Strengthened graduate student quality and enrollment will be significant for the future.

With better students, the University has enhanced services and programs including:

- Strengthened Honors program with rigorous standards;
- Living/learning programs in residence halls, with topics such as law, politics and society, information technology;
- Better learning strategies that contribute to faculty being more personally available;
- Construction of a number of student-centered buildings—RPAC, greatly improved Thompson Library, new Ohio Union under construction, enhancements to residence halls;
- Increased undergraduate research involvement.

What do we need for the future? We need students who work harder or who are challenged more in their programs, enhanced transition-out programs, and better assessment of learning outcomes. The OSU motto translated as "Education for Citizenship" calls for global awareness, research experience, appreciation of diversity, creativity, community service, and leadership development.

Leitzel reviewed the history of Arts and Sciences leading to the five colleges becoming a single, integrated college in 2008 with goals to:

- Improve academic programs;
- Position A&S for stronger leadership within the University with stronger bridges to the professional colleges;
- Create an administrative structure that is efficient, effective, and less costly.

The new dean, Joe Steinmetz, has the benefit of faculty who are already (1) changing programs, e.g. considering an undergraduate introduction to Liberal Arts, and (2) bringing about realignments, such as the combination of biochemistry with chemistry, the split of Entomology into a stand-alone department in FAES and the other half going to Evolution, Ecology and Organismal Biology in Earth Sciences.

Interdisciplinarity will be enhanced by the changes in Arts and Sciences and across the campus. Encouraging these cross-discipline efforts while maintaining the strength of disciplines is a challenge. It is not feasible to create a department for each of these efforts, as in the past when new departments were formed, such as Comparative Studies and Women Studies. In 2005, the University identified 10 areas of targeted investment: Climate, Water, Carbon; Mathematical Biosciences; Public Health Preparedness; Cosmology and Astro-Particle Physics; Advanced Materials; Population and Health; Translational Plant Sciences; the Music Industry; Micro-RNA; Energy, Sustainability, and the Environment.

Last year's Task Force in Life Sciences and the Task Force in Environmental Sciences were aimed at finding ways to structure and support interdisciplinary work at Ohio State. Cross-college undergraduate majors and minors such as Middle Childhood, a program of Education and Human Ecology and Arts and Sciences, and International Studies, an Arts and Sciences program that includes FAES and Fisher College, exemplify interdisciplinary programs. Twenty interdisciplinary minors are offered in A&S, with 45 percent of the enrollment from outside A&S.

One of the goals of the integrated A&S College is to achieve an effective, less costly administrative structure. A review of business processes and organizational design that found redundancy, duplication, and too many errors led to redesign including a shared service center for all HR and payroll activities and for procurement and financial activities at the transaction-level. That, among other changes, is predicted to free about \$2M a year in A&S for redirection to academic programs.

*Continued on Page 6*

# Coping with Change XII

## OUR EMERGING UNIVERSITY ...

*Continued from Page 5*

OSU is creating a model that can be used by other units on campus and at other institutions. The University is positioned for change because of doctoral reviews, college strategic plans, capital campaign, the Sasaki work on physical planning, the semester conversion (which calls for curriculum review and revision in every area), and clear priorities.

Shkurti highlighted the Thompson Library renovation that will attract students and faculty and contribute to academic excellence. He noted the restoration of the reading room to its original grandeur, the "room at the top" with the amazing view, more open stacks, the atrium, technology (wireless, etc.), green elements, and places for students to congregate.

The Sasaki Campus Planning study projects out 50-100 years to take a great place and make it better.

Themes that are important in the plans include:

- Make facilities more conducive to interdisciplinary learning and research,
- Make academic core pedestrian friendly,
- Cut through Neil Avenue,
- Transform river spaces and take advantage of Olentangy River,
- Establish East-West open space,
- Extend Kinnear Road,
- Build for collaboration.

The panel fielded several questions including:

- "Is there a Plan B for a sudden decrease in state funding?" Shkurti said if it is necessary to respond to such a decrease, OSU will continue to carefully monitor major funding; will call on reserves; use contingency college plans; pursue additional revenue sources; continue efforts to be more business-like in our operations; and continue to enroll highly qualified students who reduce the costs of high attrition.
- "What is the status of the OSU debt?" OSU has \$1.2 billion debt with \$4.4 billion net income. The debt for the stadium is charged to the users and the anticipated \$900 million medical center debt will be funded by the hospitals and some private sources.
- Garland and Leitzel responded to a question about the competition for students and faculty. OSU is the school of choice for Ohio students, with Miami, Ohio University, and Case-Western as the major competitors, according to Garland. Leitzel noted that during this year A&S made significant counter offers to faculty with offers from Stanford, Berkeley, and Virginia.

- "What about regional campuses?" Garland noted that admissions is more "open" in accepting those students who are insufficiently prepared to be admitted to the Columbus campus, and some who are late bloomers. Regional campus students, who come to OSU Columbus with a 2.5 GPA or better, graduate at the same rate as students entering OSU Columbus.
- "What about on-line courses and serving non-traditional students at OSU?" We have not fully utilized available technology for on-line courses, but technology use in on-campus instruction is very good. Interest exists in moving away from large lectures, more project instruction, leading to a need to change some physical facilities for classes. Garland does not see OSU as significantly expanding efforts to attract and serve non-traditional students.

Leitzel concluded with an experience crossing the Oval that led her to realize that students' devotion to OSU has not changed over the years.

Time and change will surely show  
How firm thy friendship O-hi-o.

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## MAKING DECISIONS ABOUT CARE AT THE END OF LIFE

*Continued from Page 4*

The Durable Power of Attorney for Health Care person should be willing to act as your agent, know your preferences and values, be willing to follow the plan, and be able to make difficult decisions.

DNR (do not resuscitate) Comfort Care was discussed also. This is a physician's order and must be based on reasonable medical standards of care.

The importance of organ and tissue donation was discussed. It is legally recognized as an advance directive in Ohio and was incorporated into the Living Will document beginning December 16, 2004. Costs are covered by the procurement organization.

Forms for Living Will and Power of Attorney can be downloaded from this website: [www.ohpco.org](http://www.ohpco.org). Click on Midwest Center for Home, Hospice & Palliative Care. Scroll down to Click Here for Advance Directives, Living Wills & Healthcare Power of Attorney.

## Coping with Change XII

### FINANCIAL PLANNING FOR LONG-TERM CARE

*Bill Rives, Senior Lecturer, OSU Department of Finance*

This excellent presentation, "Growing Old in America," emphasized the process and financial options for "long-term care" (LTC) and began with the process that leads to the need for LTC. Rives included definitions of LTC including cognitive impairment and loss of activities of daily living (ADLs) — bathing, eating, toileting, walking, dressing, and getting out of a chair — as well as loss of instrumental ADLs (IADLs) — preparing meals, housework, using the phone, shopping, and managing money. Tests exist for measuring losses in both. Long-term care insurance benefits require the loss of two or more ADLs.

The lifetime risk of needing LTC is almost 50 percent for those reaching age 65. Some LTC can be met with home health care; others need "assisted living"; still others need nursing home care. While families can provide home care or find help in the home, only a nursing home can provide care 24/7 for critical ADLs such as bathing and toileting. Family members who provide home health care frequently suffer from emotional stress.

Long-term care costs can be staggering. Yearly averages in a nursing home are \$67,000 for a semi-private room and \$74,000 for a private room; \$43,000 for assisted living; and \$20 per hour for home care non-professional help. Often home care becomes unworkable as the patient deteriorates over time.

LTC is paid by Medicaid (50 percent), Medicare for the first 30 days (10 percent), and personal assets. Medicaid is the largest budget item for the state of Ohio. Continuous care retirement centers account for a small amount of LTC costs.

Payment options include:

- a. Medicaid for those with small assets
- b. Insurance (LTC insurance, life insurance with a living benefits rider, critical illness insurance, and combined life and LTC insurance)
- c. Reverse Mortgage
- d. Life Settlements (sell your life insurance)
- e. VA Benefits
- f. Use of personal assets

Financial strategies for each of the above options were briefly discussed. Specific numerical analysis for different scenarios would have been helpful and might be the subject for a follow-up presentation.

### IN MEMORIAM

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

**Armitage (Plummer)**, Janet, September 27, Theater, age 87

**Baines**, Gertrude, Domestic Worker, age 115

**Boh**, Ivan, September 11, Philosophy, age 78

**Brown**, Alan K., September 17, English, age 75

**Brumfield**, James Frederick, September 18, Mental Health, Children's Hospital, age 90

**Damarin**, Suzanne Kidd, June 17, Education, age 68

**Frajola**, Walter J., September 17, Biochemistry and OSURA, age 92

**Glenn**, Patricia, September 25, Mershon Center

**Hackett**, Ella Mae, October 5, Medical Center, age 91

**Martin (DeMain)**, Mary Ann, October 8, Nursing, age 56

**McCleery**, Sherrill, October 10, age 62

**McCoy**, Catherine, October 2, Teaching Assistant, age 70

**Ranft**, Doris G., September 26, Physiology and OSURA, age 83

**Riendeau**, Belinda Marie, September 29, Respiratory Therapist, age 39

**Rolfe**, Phyllis Baker, September 12, Education, age 95

**Scrohl**, Patricia B., September 29, Agricultural Economics and Rural Sociology, age 55

**Sylvester**, Robert F., Jr., September 26, Clinical Medicine, age 91

**Tolliver-Kitz**, Monique, September 13, Medical Center, age 31

**Yeater**, Marjorie, September 14, age 79

*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.*

## Description of Events

See Pages 12 and 13 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 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 12 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 8 (SUNDAY)

#### CANTILENA CONCERTS 1: BRASIL GUITAR DUO IN CLASSICAL AND BRAZILIAN MUSIC

##### *Challenge Level 1*

Come hear the vision in music and art at Huntington Hall, Capital University. *Classical Guitar Magazine* had this to say about the Brasil Guitar duo: "The maturity of musicianship and the technical virtuosity displayed... is simply outstanding."

Depart: 1:00 p.m. Carpool from Fawcett Center

Return: Approximately 4:30 or 5:00 p.m.

Cost: \$10 (adult ticket; free for children 12 and under)

*See Calendar on Page 3 for registration procedure.*

Arranger: Eileen Davis (*Cultural Arts Committee*)

### NOVEMBER 11 (WEDNESDAY)

#### BRIDGE GROUP

Enjoy a good game of Bridge and great conversation.

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

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

### NOVEMBER 12 (THURSDAY)

#### PHOTOGRAPHIC SOCIETY

Tennyson Williams will present "Hidden Promise: A Retrospective of X-ray Art." Members may submit a maximum of six images with theme "flowers in macro-image." Send digital images to John Houston by e-mail, [jhouston1@columbus.rr.com](mailto:jhouston1@columbus.rr.com), or mail CD to arrive three days prior to the meeting, 4095 Fenwick, Columbus OH 43220. Prints may be submitted at the meeting. No meeting in December. Annual photo contest submissions should be submitted before or at the January 7, 2010, meeting. Call 614-292-2279 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: Dick Hill (*Photographic Society*)

### NOVEMBER 18 (WEDNESDAY)

#### BOOK CLUB

The book for November is *The Book of Air and Shadows* by Michael Gruber. A Chinese restaurant fire, leading to damage to the next door antiquarian bookshop, brings to light a clue to a lost Shakespearean manuscript. We'll discuss the author's cleverness in weaving the 17<sup>th</sup> and 21<sup>st</sup> centuries into a mystery/thriller, featuring encrypted maps, torture, murder, and multiple conspirators and conspiracies. Come enjoy a lively conversation on many topics, not just the book. Join us and find out how enjoyable a book club can be.

Time and Place: 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive (call Lee Hill, 614-459-4743, for directions)

Arranger: Lee Hill (*Book Club SIG*)

### NOVEMBER 19 (THURSDAY)

#### LUNCH BUNCH

In "Understanding Climate Change: Stories from the Ice," Ellen Mosley-Thompson, professor and director, Byrd Polar Research Center, will review the science behind, the evidence for, and the consequences of the current warming of our planet. Earth's glaciers and ice sheets preserve long and detailed records that chronicle changes in our climate and environment over many thousands of years. Coupled with other observations and climate model results, ice core data confirm that some observed changes are now outside the range of natural variability for at least the last few thousand years. Moreover, mounting evidence indicates that human activities such as the emission of greenhouse gases into the atmosphere and the modification of Earth's surface (such as removing forests) are largely responsible for warming of the planet since the middle of the 20<sup>th</sup> century. Earth is now experiencing melting of its high mountain glaciers on a near global scale. This threatens the water resources for many highly populated areas that are already prone to drought and will result in the

permanent loss of the unique climate histories archived in these glaciers and ice caps.

Time and Place: 11:15 a.m. (lunch will be served at 11:30), Buckeye Hall of Fame Café, 1421 Olentangy River Road

Cost: \$10 cash for sit-down lunch

Arranger: Virginia Gordon (*Social Committee*)

### **NOVEMBER 24 (TUESDAY)**

#### **TERTULIA BREAKFAST**

Good food, good conversation, good camaraderie!

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

Cost: Breakfast on your own

Arranger: William Riley (*Tertulia Breakfast SIG*)

### **NOVEMBER 29 (SUNDAY)**

#### **CANTILENA CONCERTS 2:**

#### **HOLIDAY CELEBRATION CONCERT**

*Challenge Level 1*

Enjoy the Jones/Norton Duo (flute and harp) with seasonal favorites, The Columbus Children's Choir in Robert Kapilow's *Polar Express*, and a group of spirituals by soloist Eric McKeever, baritone. The musical version of *Polar Express* follows the well-known story and is charming, elegant, and easy to listen to. Bring the grandkids for a fantastic holiday treat!

Depart: 1:00 p.m. Carpool from Fawcett Center

Return: Approximately 4:30 or 5:00 p.m.

Cost: \$10 (adult ticket; free for children 12 and under)  
*See Calendar on Page 3 for registration procedure.*

Arranger: Eileen Davis (*Cultural Arts Committee*)

### **DECEMBER 4 (FRIDAY) \***

#### **La COMEDIA DINNER THEATRE (SPRINGBORO, OHIO)**

*Challenge Level 2*

EVENT CLOSED

Depart: 8:45 a.m. from Fawcett Center

Return: 5:00 p.m.

Arrangers: Barb Preston and Sylvia Jackson (*Travel Committee*)

### **DECEMBER 9 (WEDNESDAY)**

#### **HOLIDAY BUFFET**

*Challenge Level 1*

Join new and old friends for the Holiday Buffet. Bring a favorite dish (with serving utensil) to share and your own table service. Beverages will be provided. The White Elephant Exchange will be reinstated (value not to exceed \$10), so bring a gift and take another home. Call the OSURA office (614-292-2916) by December 4 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: Mary Anne Herbst (*Social Committee*)

### **FEBRUARY 5 (FRIDAY) \***

#### **A MIDSUMMER NIGHT'S DREAM, BALLEMET SENIOR DRESS REHEARSAL**

*Challenge Level 1*

Frolic in the forest for romance and laughter.

Adventure abounds in this comedic ballet based on Shakespeare's story. Enjoy the antics of Puck, Bottom, fairies, and four young lovers as love is turned upside down. Mendelssohn's bewitching score (which he wrote at age 17) will leave you spellbound. Also in the program is a one-act world-premier work that blends Eastern and Western cultures.

Depart: 9:30 a.m., carpool from Fawcett Center (ballet starts at 11:00 a.m.)

Return: 1:00 p.m.

Cost: \$14 (ticket) It would be appropriate to offer driver some remuneration to help with gasoline and parking.

Arranger: Don Cooper (*Cultural Arts Committee*)

### **FEBRUARY 10 (WEDNESDAY) \***

#### **ROMEO AND JULIET, OPERA COLUMBUS**

*Challenge Level 1*

In *Romeo et Juliette* two star-crossed lovers defy fate, family, and society as they pursue a secret love. The good friar Laurent marries the couple, but through a series of unfortunate circumstances, their love ends perilously. The opera features some of Gounot's most lyrical music, and captures the themes of love, fate, light, and dark in this most famous of love stories.

Depart: 5:30 p.m., carpool from Fawcett Center -- Meet in lobby just beyond front desk. (opera starts at 7:00 p.m.)

Return: Approximately 10:00 p.m.

Cost: \$12 (ticket) It would be thoughtful to offer driver some remuneration to help with parking.

Refund Deadline: February 3

Arranger: Don Cooper (*Cultural Arts Committee*)

### **APRIL 17-25 \***

#### **SPRINGTIME TULIP RIVER CRUISE**

#### **FEATURING DUTCH AND BELGIAN WATERWAYS**


*Challenge Level 3*

EVENT CLOSED

Depart: TBA April 17

Return: TBA April 25

Arranger: Betty Maynard (*Travel Committee*)

 <p><b>RETIREES ASSOCIATION</b> <b>OSURA</b></p> <p>1590 North High Street, Suite 300 Columbus, OH 43201-2190 Office: 614-292-2916 Fax: 614-292-4424</p> <p><b>ADDRESS SERVICE REQUESTED</b> 47031.011000.61804.OSURA</p>	<p><b>DECEMBER 2009</b> <b>NEWSLETTER</b></p> <p><b>TIME DATED MATERIAL</b></p>	<p><b>PRESORTED STANDARD</b> <b>U. S. POSTAGE</b> <b>PAID</b> <b>Columbus, Ohio</b> <b>Permit No. 711</b></p>
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## Coping with Change XII

### **NUTRITION 101**

*John Allred, Faculty Emeritus, Food Science and Nutrition, OSU;*

*and Charlette Allred, retired Director, Professional Relations and Education, Abbott Labs*

The presenters opened the session by debunking some of the "myths of old age" such as "to be old is to be sick and frail." Many other factors are in play such as our mental outlook and our lifestyle. "Most elders need to live in institutions" is also not true since one in ten elders do not live in institutions and only one in three may need hospitalization or long-term care. "Older people are all the same" is not true since they are just as heterogenous as any other group. Other myths discussed were "you can't teach an old dog new tricks," "to age successfully, choose your parents," "the lights are out but the voltage is low," and "old people do not have anything to contribute."

The presenters offered some recommendations for aging successfully for those 40 to 80 years old: exercise regularly, avoid obesity, wear seat belts, drink alcohol in moderation, immunize, challenge the mind, check blood pressure regularly, cultivate satisfying relationships, avoid excessive sun exposure, check moles and avoid smoking. For those 80-plus years old, recommendations for aging successfully included safe-proofing your house, decreasing the number of medications (6 or less), don't lose weight, and do what you've been doing (you have already outlived at least one of your physicians).

Other interesting points: many older people should not lose weight since they need to store it for emergencies (this is not meant for overly obese people). Under-nutrition is a serious condition. Cholesterol is not a serious problem for those older people who have no other risk factors; only 20 percent of cholesterol is from diet. Only 10 percent of people are salt sensitive; unless you have high blood pressure, don't worry about salt.

A questionnaire was given to "Determine Your Nutritional Health" that assessed the risk of poor nutritional health. A "Mini Nutritional Assessment" was also provided. It was recommended that a physician be consulted if low scores indicated you are at risk.