

Resources for Older Adults at Purdue University

Center on Aging and the Life Course (CALC) (link www.purdue.edu/aging)

Gerontology Program

The Gerontology Program offers credentials for graduate students: (a) interdisciplinary gerontology minor and (b) dual-title PhD (gerontology and one of a dozen disciplines).

Aging Research

There is a vibrant program of research on aging by faculty and graduate students associated with CALC. CALC emphasizes interdisciplinary studies of the process of aging, including inquiries at multiple levels of analysis (from cells to societies). Approximately 50 CALC Faculty Associates and 20 CALC graduate students from 7 Purdue colleges conduct research on aging, much of it supported by about \$7 million annually in extramural research grants.

Purdue Retiree Benefits

Are you an "Official Retiree?" Check the criteria here: (link <https://www.purdue.edu/policies/human-resources/via1.html#definitions>).

Retirement

- Purdue Benefits offers Road to Retirement (a series of planning workshops) to Purdue employees. (link <https://www.purdue.edu/hr/Benefits/retirees/roadtoRetirement.php>)
- Purdue Benefits and PURA provide two retirement counselors for Purdue employees planning their retirement. Contacts: 765-496-1964, 765-494-1694.

Purdue University Retirees Association (PURA) (link <https://www.purdue.edu/retirees/index.html>)

PURA, the official retiree organization for the university, promotes retirees as valuable members of the Purdue community, shares information with members regarding benefits to retirees, and provides opportunities to participate in social and volunteer activities.

PURCare, Medicare Advantage PPO, Prescription Drug, and Preventive Dental Plans

For information on Purdue retiree health insurance plans, please see <https://www.purdue.edu/retirees/committees/benefits.html> and https://www.purdue.edu/hr/Benefits/retirees_separated/pdf/RETIRE-SMART-2019-web.pdf.

Purdue Parking Services (link <https://www.purdue.edu/parking/>)

University retirees are eligible for a free "A" parking permit.

Center for Healthy Living (link <https://www.purdue.edu/hr/CHL/>)

Faculty, staff, retirees, and family members, age 8 weeks and older, who are covered on a Purdue employee Health Plan are eligible for services at the Center for Health Living.

Flu Shots

Free flu shots are available to Purdue employees, retirees, and their spouses (including special sessions for retirees only). See info for retiree flu shots at <https://www.purdue.edu/retirees/index.html#flu>. Employees should watch Purdue Today for times and locations.

Library Facilities (link <https://www.lib.purdue.edu/?q=about/retirees>)

Purdue Retirees may visit the Libraries, check out books, use the Libraries' online databases and journals on-campus, and ask reference questions through the Ask a Librarian service. Official retirees and emeritus faculty may use the Libraries' online databases and journals off-campus using your Purdue Career Account credentials.

Faculty-specific Benefits

Emeritus Program (Office of the Provost)

The emeritus title is intended to honor those who have produced significant contributions to Purdue University through teaching, research, or engagement. At Purdue University, emeritus faculty can chair or be members of dissertation committees (requires dept. consent). (link <https://www.purdue.edu/provost/heads/emeritusStatus.html>)

Research Refresh (R2, Office of the Provost) (link

<https://www.purdue.edu/provost/faculty/facultyInitiatives/researchRefresh.html>)

The Research Refresh (R²) program is a competitive, campus-wide program sponsored by the Office of the Provost. R² is designed to provide protected time for tenured Associate Professors and Full Professors who would benefit from intense focus to advance their scholarship and reinvigorate their careers. The program will also consider applications from faculty members who are changing the focus of their scholarship.

Sabbatical Program

Any tenured member of the University faculty of professorial rank is eligible for consideration for sabbatical leave.

Age Discrimination & ADA Compliance

Office of Institutional Equity (link <https://www.purdue.edu/oie/index.php>)

The Office of Institutional Equity works with the Purdue University community in implementing and upholding policies and practices that are consistent with federal and state mandates as well as existing University policies regarding equal access, equal employment, and educational opportunity for all persons, without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, gender identity, gender expression, genetic information, disability, or veteran status.

- Campus Accessibility Guide (link https://www.purdue.edu/disabilityresources/Accessibility_Guide.pdf)
- Campus Visitor Accommodations (link https://www.purdue.edu/disabilityresources/access/visitor_accommodations.html)

Disability Resource Center (link <https://www.purdue.edu/disabilityresources/>)

- Student Accommodations

Research Subject Opportunities

CALC stimulates research on aging and maintains an Adult Research Subject Registry (subject pool of persons 50 years or older). If you are interested in participating as a research subject, contact: 765-494-9692, calc@purdue.edu.

The Department of Speech, Language, and Hearing Sciences also maintains a research registry. See here for more information: Link (<https://www.purdue.edu/hhs/slhs/research/registry.html>)

You can also watch this webpage for research opportunities:

<https://www.purdue.edu/newsroom/purduetoday/events/researchers-in-various-studies-looking-for-participants.html>

The Indiana Clinical and Translational Sciences Institute is a partnership among Indiana University, Purdue University, and Notre Dame University. To sign up to join their volunteer research registry, see here (link: <https://indianactsi.org/community/volunteer/>).

Health and Wellness

Nursing Center for Family Health (NCFH) (link: <https://www.purdue.edu/hhs/nur/centers-clinics/ncfh/index.html>), a nurse-managed clinic initiated by the University School of Nursing in the early 1980s, is located in Lyles-Porter Hall on the West Lafayette campus. Nursing faculty and students provide various health promotion screenings. The cholesterol screening is a lipid profile that includes Total Cholesterol, HDL, LDL, triglycerides, glucose, and a calculated risk ratio. The visit includes a height, weight, BMI, blood pressure check, pulse, and a health and lifestyles review. Skin checks are also available. Purdue retirees are able to have one yearly screening at no cost. Extra screenings throughout the year cost \$40.00. Free retiree basic hearing screenings and flu shots are also offered. People who are not Purdue retirees are eligible for low-cost screenings. Contact: 765-496-0308.

Adult Fitness Program (AFP) (link <https://www.purdue.edu/hhs/hk/ismail/>)

Offered by the A. H. Ismail Center for Health, Exercise, and Nutrition and includes the Silver Sneakers program. Open to the community.

Cordova Recreational Sports Center (link: <https://www.purdue.edu/recwell/>)

Open to anyone on a Purdue health insurance plan or who are Official Retirees and includes the Silver Sneakers program.

A Matter of Balance

Balance program offered through Purdue Extension. Contact: Lisa Cangany, lcangany@purdue.edu, 765-482-0750.

Get WalkIN'

Free email-based walking program developed by CALC Faculty Associate Dr. Libby Richards and offered through Purdue Extension on a county-by-county. Contact: Stephanie Woodcox, swoodcox@purdue.edu.

Department of Speech, Language, and Hearing Sciences

M.D. Steer SLHS Clinics

In addition to individual therapeutic services, the clinics also offer a variety of on-and off-site group therapy opportunities, including the Brain Builders group for older adults with cognitive disabilities. Contact: M.D. Steer SLHS Clinics, 765-494-4229.

M.D. Steer Speech, Language, and Swallowing Clinic

The Speech-Language Clinic offers many programs, including an adult language program for clients with language problems following stroke or other brain injuries, an adult cognitive-communication screening program at a local skilled nursing facility, and voice therapy in conjunction with area physicians. Contact: M.D. Steer SLHS Clinics, 765-494-4229.

M.D. Steer Audiology Clinic

Services include hearing testing for patients of all ages, counseling, and appropriate referrals. The Clinic also dispenses hearing aids and assistive listening devices. Contact: M.D. Steer SLHS Clinics, 765-494-4229.

Purdue Motor Speech Lab

- Parkinson's Support Group (link <https://www.purdue.edu/hhs/motorspeechlab/for-people-with-parkinson-disease/>)

Purdue Aphasia Group

- Aphasia Support Group (link <https://www.aphasia.org/site/purdue-aphasia-group/>).

Leisure Activities

Purdue Convocations (link <https://www.purdue.edu/convocations/tickets/>)

Senior Discount on select programs, including the PMO Christmas Show, Purdue Theater productions, and on the Pick Five option.

Educational Needs

Span Plan Nontraditional Student Services (link <https://www.purdue.edu/spanplan/>)

Span Plan Nontraditional Student Services offers an array of support services for nontraditional undergraduate students at Purdue University. The program, based on the belief that learning is a lifelong endeavor, provides services that positively impact the personal, academic, and career success of undergraduate nontraditional students.

Road Scholar

Formerly know as Elderhostel, Road Scholar occasionally partners with Purdue Conferences to provide educational programs for older adults. Contact: Nick Bonora, Director, Purdue Conferences, nbonora@purdue.edu.

Back to Class (link

<https://giving.purdue.edu/s/1461/campaign/mbp19/home.aspx?sid=1461&gid=1010&pgid=10065>)

Back to Class is an educational program offered by the University Development Office to members of the President's Council, a giving level of \$1000 or more per year, in which university faculty present their research.

Wabash Area Lifelong Learning Association (WALLA) (link <http://wallaonline.org/>)

WALLA is a non-profit educational association affiliated with Road Scholar and Purdue University. WALLA welcomes anyone 50 and older, living in Tippecanoe County or in neighboring counties who enjoys learning in a non-threatening, fun, and stimulating environment. Presenters include Purdue faculty and WALLA members.

The Division of Financial Aid (link: <https://www.purdue.edu/dfa/types-of-aid/free-money/SeniorCitizens.pdf>) offers half-price university tuition for retired individuals aged 60 and older.

PURA Spring Conference (link <https://www.purdue.edu/retirees/index.html>)

A day-long program for Purdue retirees offering speakers, demonstrations, panels, and vendors.

Honors College Summer Mini Courses

Open to the community. Contact: Leighton Buntain, 765-496-3093, buntain@purdue.edu.

Purdue Grandparents University (link <https://www.purdue.edu/conferences/events/gpu/index.php>)

Purdue Conferences and the Purdue Alumni Association welcome grandparents and their grandchildren ages 7–14 for an intergenerational learning experience at Grandparents University® (GPU). During this immersive two-day experience, participants choose a major, attend classes, eat in a dining court, and "graduate" with a certificate in their chosen field.

