PURA Campus and Community Committee Announces Fall Activities

Common Read

Each year, the PURA Campus and Community Committee chooses one book from Purdue University Publications as our Common Read. This year, Dean Emeritus Jim Mullins's *A Purdue Icon: Creation, Life, and Legacy* has been chosen for our program. The book presents the history of the Purdue Power Plant, its iconic smoke stack, and attached Engineering Administration building. Copies will be available at the PURA fall kickoff luncheon for $25.00, more than a 20% discount.

On October 10, 4-5:30 pm, the corresponding discussion program is scheduled, with opening commentary by PURA member Karl Brandt, followed by an open discussion and audience questions led by Purdue University Press’s Interim Co-Director and Sales and Marketing Manager, Bryan Shaffer.

PURA members will end the afternoon with a half hour tour of the Wilmeth Learning Center. PURA members who sign up for the program are encouraged to park in Grant Street Parking Garage near the Union.

To sign up for the afternoon program, e-mail Michele Salla (masalla@purdue.edu). The tour is limited to 40 participants.

Bechtel Innovation Design Center and Black Cultural Center Tour

The Campus and Community Committee is also pleased to announce a tour of two campus facilities on Wednesday, November 7, beginning at 4:00pm and ending by about 5:30pm.

According to the building’s website, “The BIDC was inspired by students who asked for an advanced prototyping facility (Makerspace) where they could come together to design and build solutions to real-world problems.” The building houses cutting edge design and manufacturing tools for student use, and the building itself was constructed to reflect a design aesthetic.

After the Bechtel building, PURA members will move to the nearby Black Cultural Center to tour that facility.

According to its website, “The Black Cultural Center provides purposeful, holistic, scholarly and co-curricular programming designed to strengthen understanding of African American heritage. It enhances the academic, cultural and social development of the entire Purdue community.”

The BCC sponsors student performing arts ensembles, houses a special collections library and computer lab, and provides student organizations with office and meeting space. The building itself, which opened in June 1999, has received acclaim for the way it draws on motifs of traditional African architecture.

PURA members who sign up for the tour are encouraged to park in the nearby University Street Parking Garage and walk to the BIDC.

To sign up for the tour, e-mail Michele Salla (masalla@purdue.edu). The tour is limited to 30 participants.

Reminder: Sign up for PURA’s September 17th fall kickoff luncheon!

Register online at www.conf.purdue.edu/PURA2018, or use the paper registration form sent to your home address.

Credit card payment can only be accepted via online registration or by calling Conference Registration directly at 1-866-515-0023. Only personal checks may be used with the paper registration.

All reservations must be postmarked by September 1, 2018.
Don’t Lose Your Balance!

Have you ever felt as though you may lose your balance, had dizziness, lightheadedness or a feeling commonly known as disequilibrium? These terms are types of "vertigo". Vertigo is more than just an Alfred Hitchcock movie, it is a balance disorder. Vertigo affects as many as 70% of adults over the age of 65. Vertigo impacts our sleep and definitely can lead to falls. As we age, not only do our muscles become weaker but we develop vision problems, may take multiple medications and have aging bones. Add vertigo to these health problems and one may have a life changing fall.

There are many causes of vertigo. Common issues of vertigo are inner ear disturbances that may be may be a viral or bacterial in nature. The most common cause of vertigo in the older adult is known as benign paroxysmal positional vertigo (BPPV). BPPV occurs when “otoconia” or calcium carbonate crystals that are normally stable and present in the ear, become dislodged or shift in the inner ear and move around. BPPV also gives one a spinning feeling. Some may notice this feeling while in bed and notice it does not go away with standing. Vertigo may be vascular in nature and be caused by an infection, heart issues, be a possible sign of a stroke, and/or caused by medication(s) one is taking. Menière’s disease is a problem with fluid balance in the middle ear and causes dizziness. Less common are central nervous system problems, such as a cranial nerve issue, circulation problems in the brain, a brain stem dysfunction or even multiple sclerosis.

Diagnosing of vertigo may be difficult but seeking out an ear, nose and throat (ENT) physician or seeing your healthcare provider, is the first step to diagnosing the issue. Your provider can review your health history, current medications, diagnose and prescribe medications or treatments that may alleviate your symptoms. Your healthcare provider can also make any necessary referrals if they feel it is in need.

https://emedicine.medscape.com/article/794789-overview

https://www.medhelp.org/neurology/articles/Why-Are-You-Dizzy/244

If you have questions about this article, or health in general, contact Chris Rearick, MSN, RN, by email at crearick@purdue.edu, or by phone at 765-496-0308.

Don’t Lose Your Balance!

On August 6, Dr. Frank Dooley, Senior Vice Provost for Teaching and Learning at Purdue, discussed the new Purdue University Global initiative with PURA members attending the monthly MCL luncheon.

Purdue University Global is a public university dedicated to adult students who need flexibility to fit learning into their busy lives. It was created in April 2018, as a result of Purdue’s acquisition of the former Kaplan University. Purdue Global is operated as part of the Purdue University System, joining the network of campuses that includes West Lafayette, Purdue Northwest and Purdue Fort Wayne. Dr. Betty Vandenbosch serves as Chancellor.

Most content is delivered online, and its programs focus on career-oriented fields of study at the associate’s, bachelor’s, master’s and doctoral levels. With the exception of Purdue Global, all degrees from all Purdue campuses, and Purdue degree programs offered through IUPUI and Purdue Polytechnic Institute, share a similar diploma bearing the name of the institution granting the degree and the city in which it is given. Purdue Global graduates receive a diploma that uses the name “Purdue University Global” instead of the system name and bears the Purdue Global logo in place of the Purdue University seal.

Purdue Global serves approximately 30,000 students and is mainly an online university. It is academically organized into seven schools:

• School of Business
• Concord Law School
• School of General Education
• School of Health Sciences
• School of Nursing
• School of Social and Behavioral Sciences

The first Purdue University Global graduation ceremony was held June 2, 2018 at the Rosemont Theatre near Chicago, Illinois. There were more than 9,000 graduates, and nearly 600 actually attended the ceremony.

Purdue Arboretum Article Correction

“In my enthusiasm to write about the Purdue Arboretum, which not only graces the campus, but serves as a living classroom, I gave credit to the wrong Department. The Director of the Arboretum is Paul Siciliano and the Department of Horticulture and Landscape Architecture is in charge of maintenance. To Director Siciliano, the directors before him, and the hard working folks who made the Arboretum a reality, I beg a humble and embarrassed apology.”  J. Thomas
Need Your Yearly Wellness Screening?

The Purdue Nursing Center for Family Health will be doing screenings year round. Screenings include Lipid profile (Total Cholesterol, HDL, LDL, Triglycerides and Calculated Risk Ratio) with a glucose, blood pressure check, pulse and review of medical history. Please call Chris Rearick, MSN, RN, to schedule.

(crearick@purdue.edu, 765-496-0308.)

Flu Shot Dates Scheduled for Purdue University Official Retirees and Spouses

Getting an annual influenza vaccine is the No. 1 way to protect yourself from the flu. Purdue University is once again providing seasonal flu shots on the West Lafayette campus for its official retirees and their spouses. You don’t need an appointment. Just bring your PUID and get your flu shot. It’s that simple!

*The Fluzone quadrivalent vaccine—which is designed to protect against four different flu viruses (two influenza A viruses and two influenza B viruses) and is approved for anyone age 3 and older—will be administered. See your provider if you need an alternative vaccine.

(continued on page 4)
September Campus Calendar

Academic:
- Sept. 3—Labor Day, no classes
- Oct. 8-9—Fall break, no classes

Music:
- Free and open to the public.
  - Aug. 30—Purdue Varsity Glee Club First Nighter concert. 7:30 p.m. Elliott Hall of Music.
  - Sept. 8—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 9:30-10:30 a.m. Pre-game "Thrift on the Hill" by All-American" Marching Band. 10:30 a.m. Slatyer Center.
  - Sept. 9—Picnic with the Purduettes. 6 p.m. Slatyer Center. Bring your own picnic if you wish, and blankets for seating.
  - Sept. 15—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 5:00-6:00 p.m. Pre-game "Thrift on the Hill" by All-American" Marching Band. 6:00 p.m. Slatyer Center.
  - Sept. 16—Purduettes in worship service. 10:30 a.m. Federated Church, 2400 Sycamore Lane.
  - Sept. 22—Game Day spirit events: Jazz Tailgate by Purdue Jazz Band. 9:30-10:30 a.m. Pre-game "Thrift on the Hill" by All-American" Marching Band. 10:30 a.m. Slatyer Center.

Flu Shot Dates Scheduled for Purdue University Official Retirees and Spouses (continued from page 3)

*For those 65 and older, the Fluzone High-Dose will be available. Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots. The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine. See your provider if you need an alternative vaccine.

October 12 and October 19
7:30 a.m. – 5 p.m.
Daniel (William H.) Turfgrass Research & Diagnostic Center (1340 Cherry Lane) – next to the Birck Boilermaker Golf Complex
Wellness screenings also available.

October 24
7:30 a.m. – 4:30 p.m.
Kurz Purdue Technology Center (KPTC), Conf. Rooms A/B, Research Park, 1281 Win Hentschel Blvd.
Wellness screenings also available.

NOTE: Retirees also are able to attend any of the other on-campus flu shot events or stop at a designated flu shot location on campus. A chart showing alternative dates and locations will be posted on the PURA web pages at www.purdue.edu/retirees.

Theatre:
- Sept. 21-23, 26-30—"By the Way, Meet Vera Stark" by Lynn Nottage. Racial stereotypes are skewered when a Hollywood star and her maid both win roles in the same film. Pao Hall, Mallett Theatre. Times vary. Ticket information at: https://cla.purdue.edu/theatre/Tickets/index.html

Athletics:
- Football, Ross-Ade Stadium:
  - Sept. 8—vs. East Michigan (Youth Day and Band Day). Noon.
  - Sept. 15—vs. Missouri (Military Appreciation Day). 7:30 p.m.
- Women’s Volleyball, Breses Center, Belin Court in Holloway Gym:
  - Sept. 7—Stacey Clark Classic Tournament. Day 1 of 2 days. 10 a.m.: Purdue vs. Xavier. Noon: Louisville vs. Lipscomb. 5 p.m.: Xavier vs. Louisville. 7:30 p.m.: Purdue vs. Lipscomb.
  - Sept. 8—Stacey Clark Classic. Day 2 of 2 days. 5 p.m.: Lipscomb vs. Xavier. 7:30 p.m.: Purdue vs. Louisville.
  - Sept. 21—vs. Illinois. 7 p.m.
  - Sept. 22—vs. Northwestern. 7 p.m.
- Women’s Soccer, Folk Field, free:
  - Sept. 6—vs. Louisville. 7 p.m.
  - Sept. 9—vs. Western Michigan. 1 p.m.
  - Sept. 16—vs. Michigan. 1 p.m.

Mark Your Calendars!


17 September PURA Fall Kickoff Luncheon. Four Points by Sheraton. 12:00 noon, doors open at 11:30am. (Note this is the third Monday in September.)


1 October PURA Monthly Meeting, MCL Cafeteria, 11 am.
Topic: Purdue’s Sesquicentennial Celebration in 2019.
Speaker: Kelly Hillier, Director, Purdue Sesquicentennial Communications

12, 19, 24 October Flu Shots, Free for official retirees and spouses. (See article on pages 3-4 for details.)

5 November PURA monthly meeting, MCL Cafeteria, 11:00 am.
Topic: Tech Toys III & Top Tech Concerns of the Day.
Speaker: Scott Ksander

PURA News
The Purdue University Retirees Association newsletter is published for official retirees of Purdue University, and prepared by the PURA Communications Committee.

Suggestions or ideas for PURA or the newsletter, and changes of address and email, should be referred to: Office of Retiree Affairs 1281 Win Hentschel Blvd., Suite 1100 West Lafayette, IN 47906-4182 Telephone: 765-494-1779 or (toll free) 877-725-0222. Email: masalla@purdue.edu.

2018-2019 PURA Communications Committee:
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