

PURA News

Purdue University Retirees Association

April 2017

Don't Miss Purposeful Living Conference on April 19!

There are SO many reasons you should not miss the PURA Purposeful Living in Retirement Conference!

- ◆ It is easy to get to and park! The conference is at the Beck Agricultural Center on U.S. 52 North in West Lafayette.
- ◆ There will be food: a Continental breakfast, breaks, and lunch! Continental breakfast starts at 8AM followed with the program 8:30 AM-3:00 PM.
- ◆ It costs just \$15 for everything: conference materials, food, exhibits!
- ◆ There are exhibits from local organizations, facilities, and agencies!
- ◆ There are multiple speakers! Topics include: Nutrition, Motivation and Psychology of Exercise, Helping Your

Doctor Assess Your Physical Fitness, Answers to Baffling Technology Questions, 911 Medical Emergencies, Staying in the Know about Health Insurance, and Information about Senior Games and Joyful Journey.

- ◆ There are surprises tucked into the program and door prizes!
- ◆ It's a great social event for PURA members, friends and guests!
- ◆ Purdue Press books will be available at a discount! "Spacewalker: My Journey in Space and Faith" by Jerry Ross and John Norberg and the children's companion "Becoming a Spacewalker: My Journey to the Stars" by Jerry Ross and Susan Gunderson.

You'll love it! Registration must be received by April 12. If you've misplaced your mailed form, access one at www.purdue.edu/retirees.

Not Your Grandma's Quilt Show

All PURA members are invited to attend an exhibit of work by Purdue Women's Club's Quilting Connection interest group. Called "Not Your Grandma's Quilt: Twists on a Classical Art Form," the exhibit opens April 12 at Wells Community Cultural Center and will be up through May 12.

You will see quilts in an array of sizes, styles and approaches, made by members of the three-year-old group, which includes seasoned quilters, beginners and creative artists. Some members of Quilting Connection are also PURA members.



that will hang together as a giant wall quilt. Sudo's surprising approaches to color, design and fabric pushed the group to explore her innovative collection of patterns, which explore themes and images seldom encountered in quilts. Some celebrate typically American subjects like the Indy 500. Others explore Japanese images like the rolling waves of a Hokusai ocean.



Connection's members, who made thirty 16-inch squares

A portion of the show includes a group challenge inspired by the "East Quilts West" books of Japanese artist Kumi-ko Sudo. It will represent most of the Quilting

Please join us at a reception that will be held in conjunction with two other exhibits, Wabash Valley Potters and Frances Shoemaker art, on April 21, from 6-8 p.m. Free admission for the entire exhibit.

The Wells Community Cultural Center (Tippecanoe Arts Federation) is at 638 North St., Lafayette. Gallery hours are Monday through Friday from 9 a.m.-5 p.m.



Planning And Managing End of Life Issues

The following open letter to Purdue retirees has been prepared by the PURA Benefits Committee to introduce PURA Members to materials intended to assist with planning for and managing end of life issues. We hope you will find these materials to be helpful to you and your family.



March, 2017

Dear Retirees:

Planning for the end of our life is not easy to do. Many of us avoid thinking about these issues. It is not easy to face, but we can leave a special gift to our spouse, partner or other important people in our lives by organizing our affairs, expressing our wishes and providing assistance for handling end of life matters. The PURA Benefits Committee has developed the following tools to aid you in making this gift to your survivors.

ORGANIZING MY AFFAIRS

Your survivors will want and appreciate your input and guidance in handling your end of life affairs. “Organizing My Affairs” is a tool to assist you in gathering the information that the person responsible for managing your estate will need. You may also contact your accountant, attorney or funeral director, who may be able to provide you with similar materials. We encourage you to complete these materials, keep them updated, keep them in a safe place and share them with those who will be responsible for managing your affairs. Your loved ones responsible for managing your estate will be able to do so efficiently and in accordance with your wishes.

WHAT TO DO WHEN A LOVED ONE PASSES AWAY—A SURVIVOR’S CHECK LIST

The hours and days following the loss of a loved one are very difficult. There are many things requiring the attention of the surviving family. Often, we hear them asking - What should I be doing? When should I be doing it? This checklist is intended to provide guidance to the survivor and give them assistance in answering these questions.

HELPFUL CONTACT INFORMATION

Your survivors will need help in knowing who they will need to contact and how to contact them. The information they will need, based on the experience of several PURA members, is provided by this document.

How may you obtain these tools? All three are available on the PURA website www.purdue.edu/retirees . You can print them for your use and your loved one’s use. “Organizing My Affairs” is a PDF document. You can complete the document on line, print it or store it electronically. If you complete the document in this way, it is very easy to update as situations in your life change. There are instructions on the PURA website that will assist you in using the PDF capabilities. For those who do not use computers, you may obtain copies of these tools by calling Human Resources (765) 494-2222. You have options - electronically or by paper. There is one option we don’t have. We will not be able to avoid it. Our survivors will one day need these tools. We encourage you to use them and keep them up to date. Your survivors will be able to handle your final affairs in accordance with your wishes. They will thank you!

Peace be with you and your loved ones!

Purdue University Retirees Association/Benefits Committee

Purdue Day of Giving 2017: Donate on April 26 and Double Your Impact

PURA will again participate in Purdue Day of Giving on April 26, 2017. In April 2016, PURA members contributed over \$5,800 to the PURA Student Scholarship Endowment during this online-based fundraising event. Every dollar you give will be matched dollar for dollar.

The PURA Student Scholarship Endowment will provide funds for Indiana students with significant financial need and open opportunities for a new generation of Boilermakers. PURA's goal is \$50,000 to be matched with \$50,000 from an anonymous donor, creating an endowment of \$100,000. Contributions to date for this endowment have reached \$30,000.

Your contribution can be made April 26th online at <http://dayofgiving.purdue.edu>. If you are mailing a donation, write a check payable to the Purdue Foundation, with the PURA Student Scholarship Endowment noted in the memo line. Send it to: Purdue Foundation, 403 W. Wood Street, West Lafayette, IN 47907-2007.

Let's continue our strong history of support and involvement with the university and build this endowment to assist a new generation of students who might otherwise not have the opportunity for a Purdue education.

All together, we can grant opportunity. Remember, your contribution will be doubled.

Celebrate National Library Week, April 9-15

Tippecanoe County Public Library and West Lafayette Public Library offer a wide variety of free services: lectures and programs; public meeting areas, reading clubs for adults, children, and teens; etc., in addition to their familiar role as book/information resource repositories.

At TCPL special activities are planned for the 2017 National Library Week, coming up April 9-15, including community conversations intended "...to gauge the impact of current library services and consider re-aligning the library with community aspirations," as Director Jos

Holman stated in the March/April/May **Pocket Edition** newsletter. To find out what's coming up, learn more about the library's services, or get involved in the community conversations, check out the newsletter online at <http://www.tcpl.lib.in.us/newsletter>.

West Lafayette library is featuring their spring book sale April 7-11, a documentary film about Ousmane Sembene (known as the father of African film) on April 17 as part of the WALLA Films and Friends series, and vintage vinyl record sale on April 22. Details are available at <http://www.wlaf.lib.in.us>.

Is Fatty A New Primary Taste? March PURA Luncheon Recap



Richard Mattes, distinguished professor of Nutrition Science at Purdue and adjunct professor of Medicine at IU School of Medicine, presented the MCL March program. Dr. Mattes' area of research focuses on regulation of food intake. Most specifically, he investigates how hunger, food intake, and satiety are affected by our senses and relate to our health.

Dr. Mattes explained there are three basic oral sensations happening when we eat: smell, taste, and chemical sensation. Of these, taste is the least understood. We all know the basic tastes as sweet, sour, bitter, and salty. A fifth one, umami, was added to address unique chemical sensations, for example from MSG (monosodium glutamate). As far back as Aristotle there was debate about a taste sensation preliminarily now being called fatty. Dr. Mattes explained six criteria to determine a taste sensation, and fatty meets them all.

The criteria include there being a purpose for the taste,

specific chemicals to turn on a biological response, a specialized mechanism to signal the brain to taste the flavor, specialized nerves to carry the stimuli to the brain, a specialized unique sensation occurring, and a physiological response in the body. He gave evidence to show fatty fitting all the criteria to become a sixth taste sensation.

Dr. Mattes also dispelled several common myths. It is not true one's taste sensation for fatty is related to body weight. The purpose of fatty is to tell us to avoid the taste, not the opposite. Triglycerides are the form of fat in the food we eat. They evoke responses in the triglyceride levels in our blood even before they are fully digested and metabolized. Up to 25% of the fat we eat is stored in the intestines for as long as 24 hours before then being cleared through the normal processes of digestion, absorption, and metabolism. So if you have a milkshake at 6 p.m. and then fast for 12 hours before your blood lipid test the next morning, there will be a higher level of triglycerides in the analysis the next day. Drinking a sugary beverage helps clear the lipids from the intestines more quickly, but it is not a remedy. You would also then be consuming excess calories from the sugary beverage as well as ingesting higher calories from the fatty food.

The take-away is all foods can be consumed and enjoyed, but everything must be in moderation and not exceed a person's caloric requirements.

Journeys - Recording Your Life Reflections at Tippecanoe County Public Library

Good news! TCPL is launching a new program to record personal histories.

Called "Journeys," it was created from the StoryCorps model. (StoryCorps is the national effort that airs weekly on WBAA.) Since many of us are longer term residents of the area, and from so many different walks of life, chances are we have some interesting stories to share.

How it works:

- Registration starts March 30. Call 429-0113.
- Individuals and small groups register for 40-minute sessions.
- We record your story in your own words.
- If you need a partner, a trained library interviewer can help.
- Suggested topic: Memories of Downtown
- Questions? Call 429-0176

Weekly Recording Sessions, Tuesdays, April 11, 18, 25,

Downtown Library, Family Memory Center, 2 & 3 p.m.
To request another day, time, or location, call 429-0113.

2017 Preservation Week Scan-A-Rama

On Saturday, April 22, 2-5 p.m., bring items for free scanning – letters, journals, diaries, photos, slides, and print memorabilia to the downtown TCPL library, Family Memory Center. If you bring a device, DVD, or USB drive, library staff will help you digitize and download files for sharing. Similar preservation capabilities are offered at all branches.

TCPL photocopies per-page fees: black & white 10¢; color 50¢; and, archival-quality paper copies \$1.

Note: National Preservation Week was introduced by the ALA in 2010. It is designed to help "connect our communities through events, activities, and resources that highlight what we can do, individually and together, to preserve our personal and shared collections."

(Thanks to TCPL for permission to republish these two articles.)

Human Resources Is On The Move

Due to the State Street Redevelopment Project, Freehafer Hall will be demolished in the coming months, and all of its occupants are relocating. Human Resources is heading to the Purdue Research Park and will be housed in a new addition to the Kurz Purdue Technology Center (KPTC), 1281 Win Hentschel Blvd.

Moves begin the first week in April and continue throughout the month. All HR staff and areas will have the same phone numbers after the move. We expect minimal disruption during the move; however, it may be easiest to reach out to us via email.

To assist with the transition, **no walk-ins will be seen in Freehafer Hall after April 21.** If you need to see someone during the week of April 24, email hr@purdue.edu or call (765) 494-2222 to make an appointment. We ask for your patience as we transition and settle into our new home. We'll do our best to respond as quickly as we can so that we continue to meet your needs. Soon, the Benefits area will have on-campus customer service available in the basement of Stewart Center. More information to come about that location.

Nursing Center for Family Health (NCFH) Continues Wellness and Swallow Screenings

NCFH continues to offer free Wellness and Swallow Screenings this spring for those retirees/spouses that did not have one in the fall. Swallow Screenings are available on a limited appointment, pilot basis.

Remaining spring date for wellness and swallowing screenings is 4/7. To schedule, call Chris Rearick at (765) 496-0308 or send email to crearick@purdue.edu

Mark Your Calendars!

3 April PURA Monthly Meeting, MCL Cafeteria, 11:00 AM

Topic: 100 Years of Indiana State Parks

Speaker: Benjamin Clark, Historic Preservation Officer, Indiana Dept. of Natural Resources

7 April Wellness/Swallow Screenings, Nursing Center for Family Health. Contact Chris Rearick for appointment. (765)496-0308 or email to crearick@purdue.edu

9-17 April National Library Week

12 April—May 12 "Not Your Grandma's Quilt: Twists on a Classical Art Form," exhibit, Wells Community Cultural Center, 638 North Street, Lafayette

19 April Purposeful Living In Retirement conference, Beck Agricultural Center, U.S. 52 North, West Lafayette

26 April Purdue Day of Giving

1 May PURA Monthly Meeting, MCL Cafeteria, 11:00 AM

Topic: Introduction to Purdue's New Athletic Director

Speaker: Mike Bobinski, Athletic Director

25 May Spring Fling, Purdue campus, details available later

5 June PURA Monthly Meeting, MCL Cafeteria, 11 am

Topic: What is Virtual Reality and How Can It Be Used?

Speaker: Laura Theademan and George Takahashi

3 July PURA Monthly Meeting, MCL Cafeteria, 11 am

Topic: Self-driving Cars

Speaker: Dr. Srin Peeta, Hockema Professor of Civil Engineering

7 August PURA Monthly Meeting, MCL Cafeteria, 11 am

Topic: Honey Bee Research

Speaker: Greg Hunt